Breast Cancer:
Take Lump or Breast?

THE SATURDAY EVENING POST

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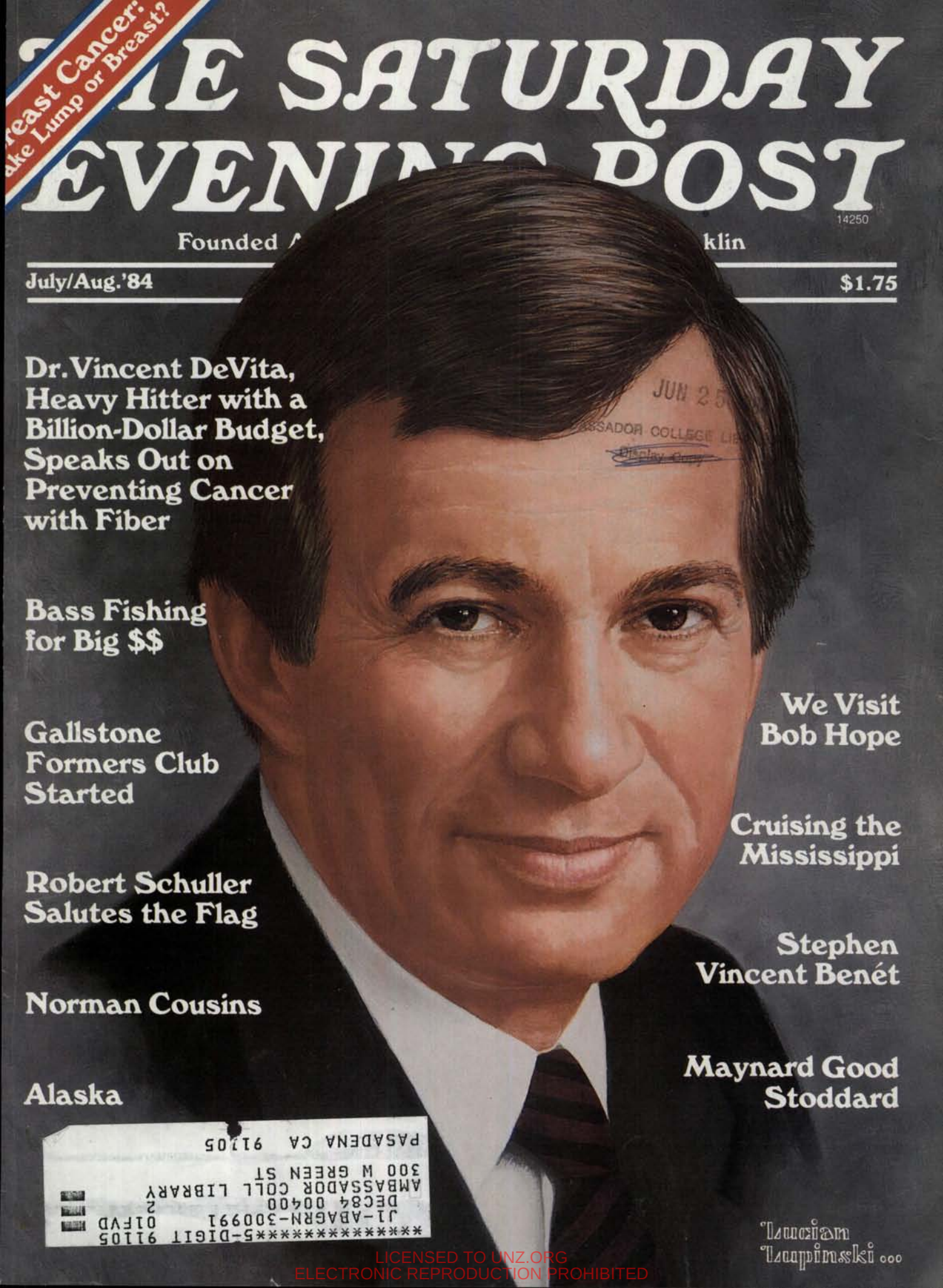

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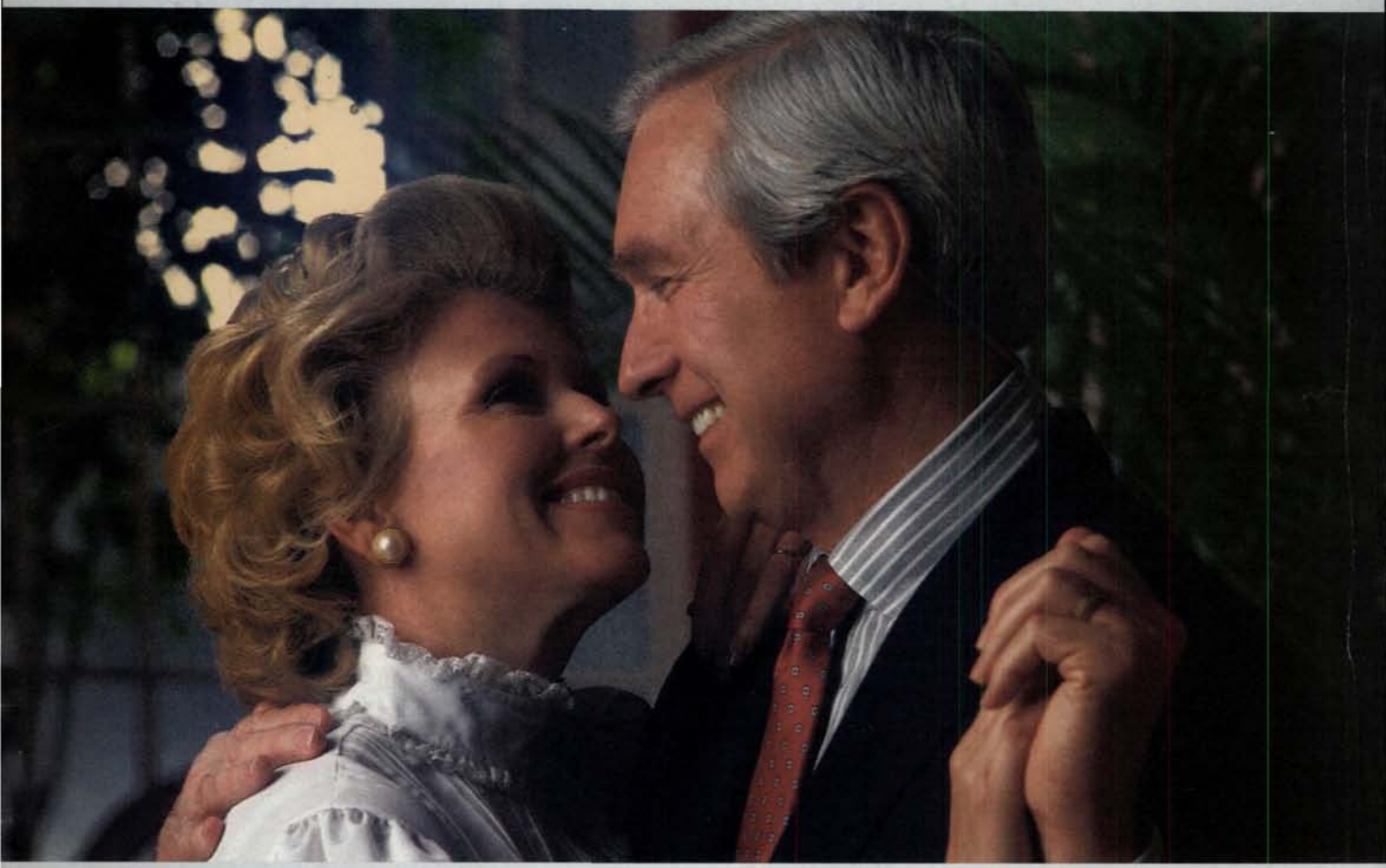

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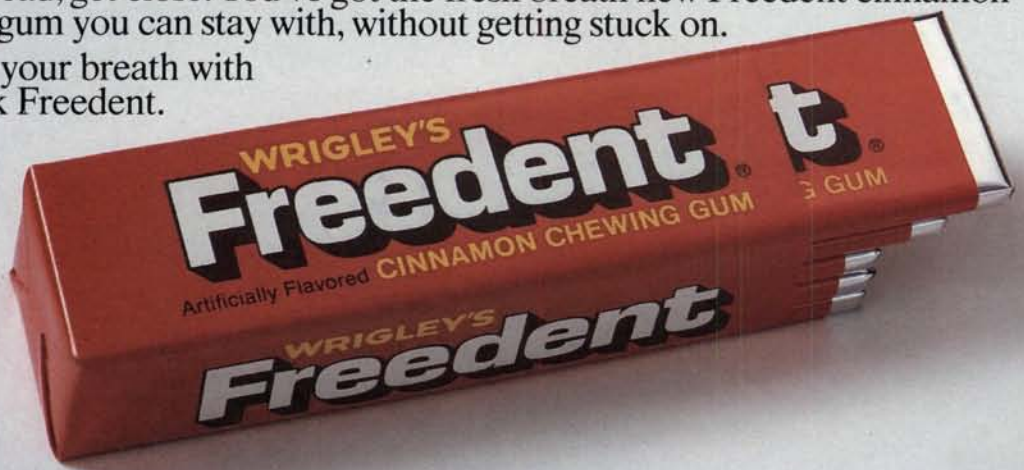

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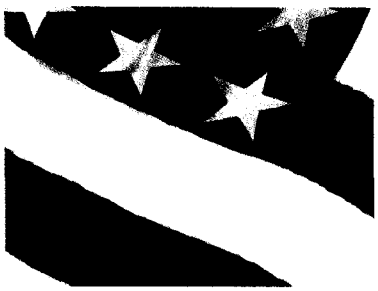

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THE SATURDAY EVENING POST

FOUNDED A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

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(Cover painting by Lucian Lupinski)

The Saturday Evening Post (ISSN: 0048-9239), incorporating Country Gentleman, is published monthly in 1984, except bimonthly in Jan./Feb., May/June and July/Aug. by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

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Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $17.97. The Saturday Evening Post editorial, circulation and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to The Saturday Evening Post Subscription Offices, P.O. Box 10675, Des Moines, Iowa 50336.** Allow six weeks for change of address.

Unsolicited manuscripts, art work and photographs submitted to THE SATURDAY EVENING POST must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork or photographs.

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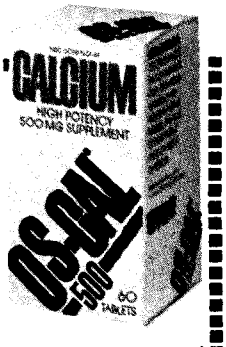

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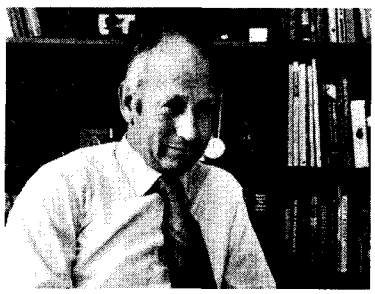
The Pros Go Bass Fishing—hoping to catch a share of this year's million-dollar jackpot of cash and prizes. **42**



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Letters

All Aboard

Having read your fine article entitled "Where Are You Going" in the April edition of *The Saturday Evening Post*, I wanted to write and to commend you for your scholarly and sensitive discussion of the creation narrative. As you well noted, while our generation is only concerned with the how, the ancients looked to the meaning of events.

Your modern-day parable of "life as a journey by train" was a fine example of human life on pilgrimage to eventual union with God. How true that so many first-class passengers are too busy about the things of this world to accept the ongoing ticket. As a clergyman trying to persuade them, I can assure you that it is at times frustrating indeed. Perhaps your article may have alerted some of these passengers and been the catalyst that will bring them the realization that we all are just passing through this life.

Rev. John W. Barrett
Worcester, Massachusetts

Scarce Spice

Congratulations to Larry Fisk for the "Bean Loaf" recipe. I immediately tried it, and it is delicious. Only problem I had was I could not find the spice "Summer Savory" anywhere. None of the stores I checked had even heard of it. I had to make the loaf without it.

Is it possible that it could be known under another name?

I am a new subscriber and am waiting for my lysine corn meal to arrive so I can try it.

Jayne Pichette
San Leandro, California

Summer Savory is an herb. We grow it in our garden. It's sometimes hard to find in stores but it is easy to grow, so you might check with your nursery.

Calling All Rangers

During the Korean War a highly select group of volunteers was formed into Airborne Ranger Companies.

These men were athletes, skilled in a wide variety of endeavors, hunters steeped in the traditions and lore

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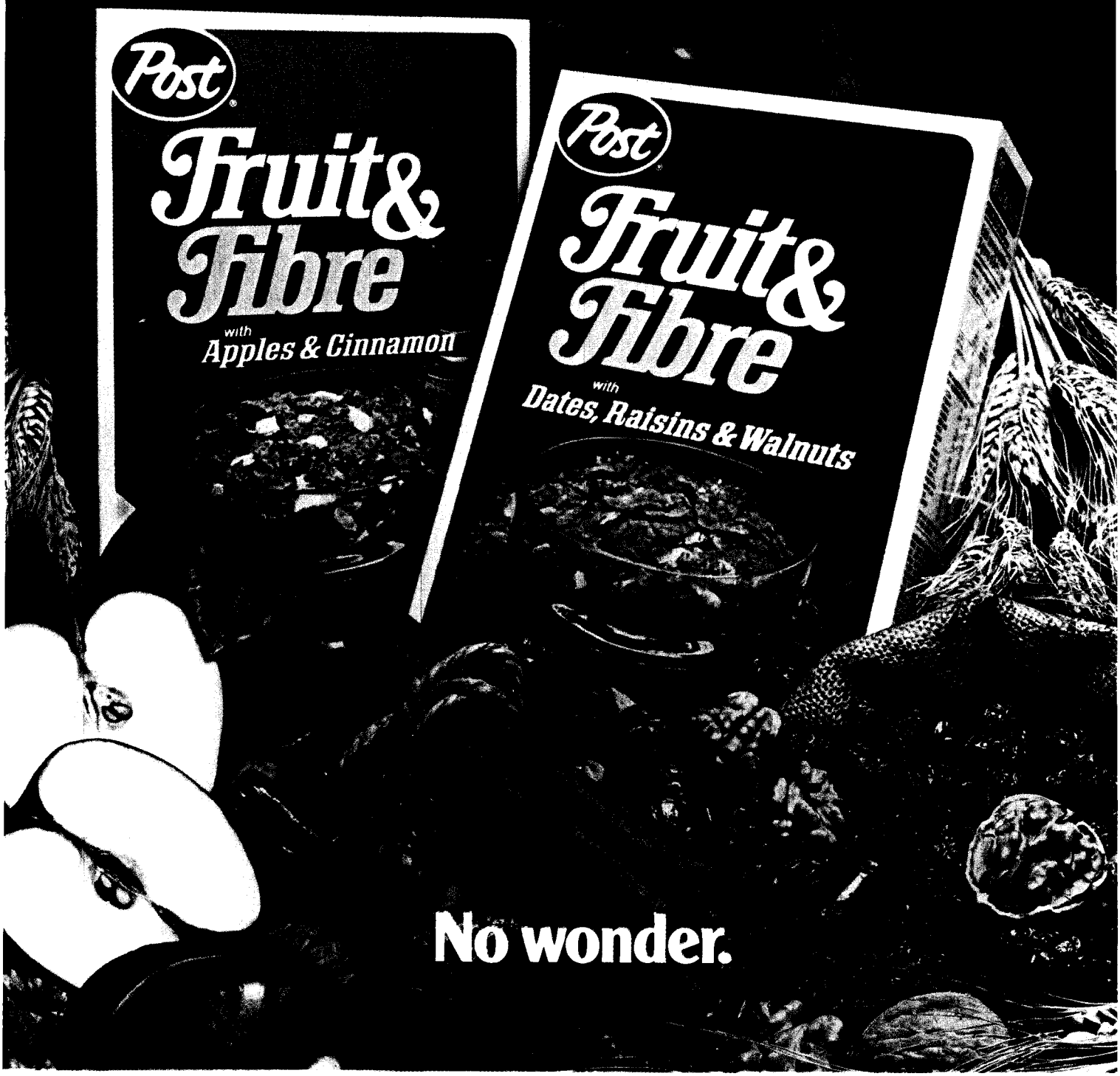

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of the American frontier.

We are seeking contact with these Rangers to compile our history and conduct a reunion. We would appreciate your publishing this letter. Korean War Rangers may contact the undersigned.

Robert W. Black
355 E. Baltimore Street
Carlisle, Pennsylvania

Noses Out of Joint

In reading the letters column, I was interested in the letter "Smoking Ban Fans." Being a fellow sufferer, I am writing with hopefully enough information to be helpful.

Five years ago I quit smoking after 26 years. For 20 years I smoked Pall Malls and for 6 years, Marlboro Lights, usually one to two packs a day.

During the time I smoked, the only allergy I had was to the trees in the spring at budding time. That lasted for about a week. Since I quit smoking, my allergies have gotten steadily worse along with many other irritants, with cigarette smoke being the worst. The reaction to smoke is becoming more intense all the time. I am a dorm mother in a business college, and some days are really a problem with the students smoking. I have found that you do not have to be directly in the smoke to have it affect you. Just the odor will set your eyes on fire and your nose running. When I have to be in a room that is heavy with smoke, I sometimes have trouble with my breathing and have to take medicine accordingly.

It will be interesting to watch for new information on this malady. I do appreciate *The Saturday Evening Post* and the work they are doing.

Katherine L. Sazehn
Flint, Michigan

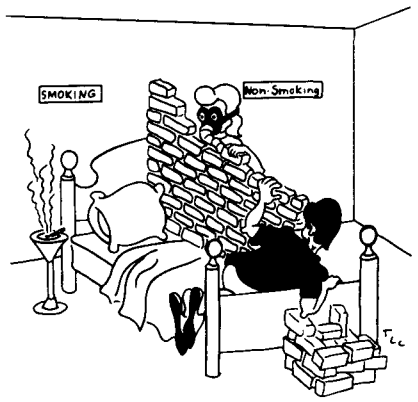
Count me as one of the ex-smokers who is now allergic to cigarette smoke. Just put me in a room with smokers and I become nauseated, stuffed up and have a taste enter into my mouth that stays for hours. Sometimes I have to take some kind of medicine to relieve my upset stomach. Invariably a headache will develop and linger for several hours.

Before I read your article I thought I was one of few people with this problem. Since reading of others, I asked some of my friends if they were allergic to smoke since they stopped smoking. One friend said he smoked heavily for over 30 years (he was in the Navy) and quit about 10 years ago. He now is unable to be around smoke where he works. He may have to quit his job because of the irritation to his system. Another friend became quite ill after having her in-laws at her house over the Christmas holiday. Several other friends had similar stories to tell.

Another fact, if I come into contact with someone who has recently been smoking or come into contact with articles that have been exposed to smoking, my lips become irritated and my mouth becomes dry.

Smoking used to be a very important and enjoyable part of my life, but thanks to the Good Lord, I no longer have to depend upon this nasty habit. My husband and I both stopped smoking 25 years ago.

Laura Louis Randle
Imperial Beach, California



"All right! All right! I'll quit!"

Ex-Smokers Irritated

During the years when I used to smoke, I rather enjoyed the smell of second-hand smoke. I liked to inhale the drifting smoke from a pipe or cigar, and I did not mind being in a room where the air was thick with tobacco smoke.

But after I gave up the tobacco habit, all this changed. Now, tobacco smoke in any form is very objectionable. Worst of all is the smoke from an idling cigar or cigarette, whether held in the smoker's hand or mouth or smoldering unattended in an ash tray.

Such smoke irritates my nose and throat, and prolonged exposure results in a headache and breathing difficulties. I am often sorry to have to stay away from meetings or gatherings, but when there may be more smoke than I can take, I have little choice. I often avoid restaurants or places of business where there is smoke, and prefer to go elsewhere where there will be a smoke-free atmosphere.

When the great majority of people are nonsmokers, there must be many who are as allergic to smoke as I am. It would seem only good public relations to be more restrictive on smoking in places that must be frequented by the public.

Harry Hinchley
Renfrew, Ontario

I used tobacco in my late teen years and early 20s. I gave it up when I became a Christian. I found out that I was allergic to tobacco after I won the battle over smoking. My allergy gets worse each year. I am now near 50. I dread waiting rooms and places where smoking is heavy. A very large problem is a motel room that is saturated with smoke. I arise the next day with red eyes, stuffy nose and a "grumpy" feeling. Not too long ago one of your articles told of motels that have nonsmoker rooms. Do you have a listing of the motels in the Atlanta area? We will be going through there in a few weeks. It would be so nice to stay overnight in a room free of the stale tobacco smoke that has impregnated everything in the room.

Keep up your good work with the best magazine printed. I do hope to hear from you soon.

Robert D. Taylor
Connersville, Indiana

Do any readers know of "no smoking" motels in Atlanta? We wrote about the Non-Smokers Inn in Dallas, which doesn't permit smokers, and of course Muse Airlines, which has no-smoking flights out of Dallas in our July/August '83 issue.

Corn Meal

I am renewing my subscription early to get a sample of your high-lysine corn meal. My neighbor bought some lysine corn. We cleaned (and I have dried) the corn and she ground it in a big old coffee grinder. The cornbread was delic-

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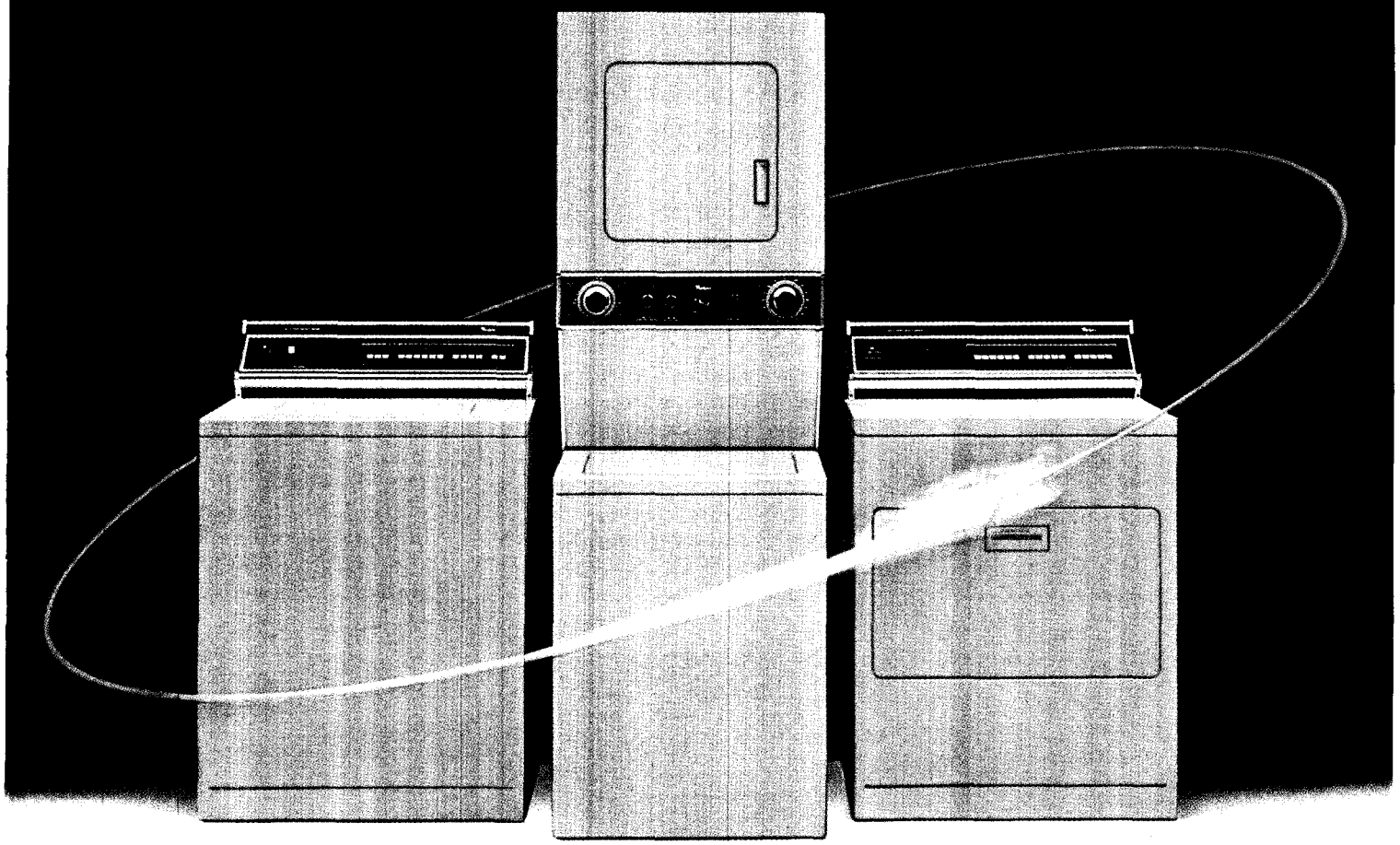

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William Tecumseh Sherman
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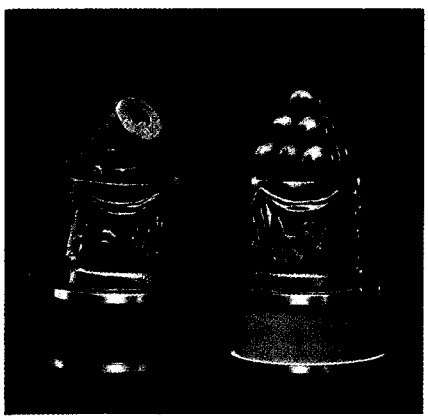
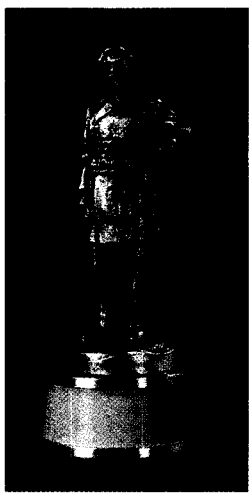
General in Chief
Ulysses S. Grant
KING





General in Chief
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KING

Major General
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ious. We put the meal in 12-14 oz. plastic bags and stored them in the freezer.

This is the recipe we use.

High-lysine Cornbread

1 cup each corn meal and flour
¼ cup shortening
2 eggs
¼ cup honey
1 cup milk
½ teaspoons salt substitute
4 teaspoons baking powder
Bake at 425° F. for 20-25 minutes.

Alberta Bushnell
Blandinsville, Illinois

Triticale

Re your comments on triticale in the April edition, the enclosed is taken from the triticale flour package one buys here from grocery shelves in Canada.

Obviously triticale is not grown only in the South or in your country. In fact, I believe Canada and Mexico experimented jointly to develop it for tropical countries.

Honey Date Muffins

1 egg, beaten
½ cup (125ml) liquid honey
1 cup (250ml) milk
¼ cup (50ml) vegetable oil
1 cup (250ml) triticale flour
1 teaspoon (5ml) baking soda
1½ cups (375ml) bran cereal
⅔ cup (175ml) dates, chopped
Combine beaten egg, honey, milk and oil. Mix together flour, baking soda and bran. Stir liquid ingredients into dry ingredients. Stir only to blend. Fold in dates. Fill paper-lined muffin tins ⅔ full. Bake at 400°F. for 20-25 minutes.

Mrs. W.H. Darroch
Calgary, Alberta

Kidney Stone Formers Club

I had lithotripsy at Methodist Hospital in Indianapolis on March 29. I came home by air on the first of April. It was a success. I passed fragments of the stone, mostly small like grains of sand. I had no pain after the treatment. It was much better than surgery! I went about my normal activity—mowed lawns, cut wood, etc., after coming home.

Anonymous

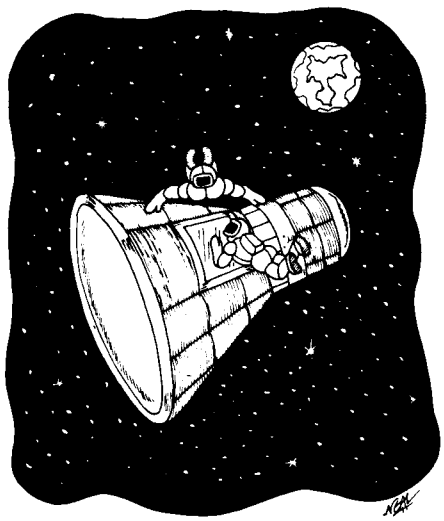
On April 12, 1984, I was treated on the lithotripter in Indianapolis. I had had three stones in my left kidney for about 2½ years.

I would be happy to let anyone know how wonderful this treatment was and would advise anyone who has kidney stones to consider the lithotripter.

While there I was surprised that none of the others I met knew of the Kidney Stone Formers Club.

I think that the patients that are treated should be informed so that they could have the chance to join our club.

Arthur A. Ruiz, Jr.
Harvey, Louisiana



"I thought you had the keys...."

Company Coming

Will you please send me information on the Kidney Stone Formers Club meeting to be held on July 20th?

My wife and I would like to take the tours and visit the headquarters building. Please send motel information, etc.

D.L. McCormack
Peoria, Illinois

The Kidney Stone Formers Club members will be housed in the Speedway Motor Inn. It's on 16th Street, as is Methodist Hospital, where the lithotripter is located. While in Indianapolis, members will get to see the lithotripter. They'll also have the opportunity to take a ride around the Indianapolis Motor Speedway race track and to visit the archives of The Saturday Evening Post *and The Benjamin Franklin* SatEvePost *Museum. There will be a urologist lecturing on the prevention of stones.*

Gone to Seed

In my article in the May/June issue of the *Post*, I stated that Russia produces 1,000 tons of high-lysine corn annually.

Actually, they produce 1,000 tons of high-lysine corn *seed* annually. This is enough seed to plant about 100,000 acres of high-lysine corn, roughly 1/5 of what we plant in the United States. Dr. Zima of the Krasnodar Research Institute had omitted the word "seed" in his letter of February 29, 1984, but fortunately had given me the total acreage of high-lysine corn planted, so I was able to catch the error.

Edwin T. Mertz
Ph.D., D.Sc., Dr.Agr.
Purdue University
West Lafayette, Indiana

Dirty Young Kids

When I read that Ted Turner is for population control, I thought: Hurray for our side! Someone in the public eye who has the potential to influence millions is taking a necessary stand to help save the very existence of our world.

Then, I read further and discovered he has fathered *five* children and seems to be in favor of population control *only* for the Third World countries.

How very curious to learn that white American children do not breathe air, eat food and will not procreate or in any way add to pollution.

Mary N. Ringer
San Bernardino, California

Many Thanks

This note is to express appreciation for the article you published in the October 1983 *Post*, entitled "Dare Mighty Things."

Your philosophy concerning one's attitude about life impressed me as one worthy to be imitated and shared. I distributed photostatic copies to my two grown children (son and daughter), to club members and to anyone I felt could profit from it. As a person who was always blessed with the ability to set goals for himself, my son enjoyed the article and, as a side benefit, proceeded to read and learn further about Teddy Roosevelt.

Alma S. McFadden
El Paso, Texas

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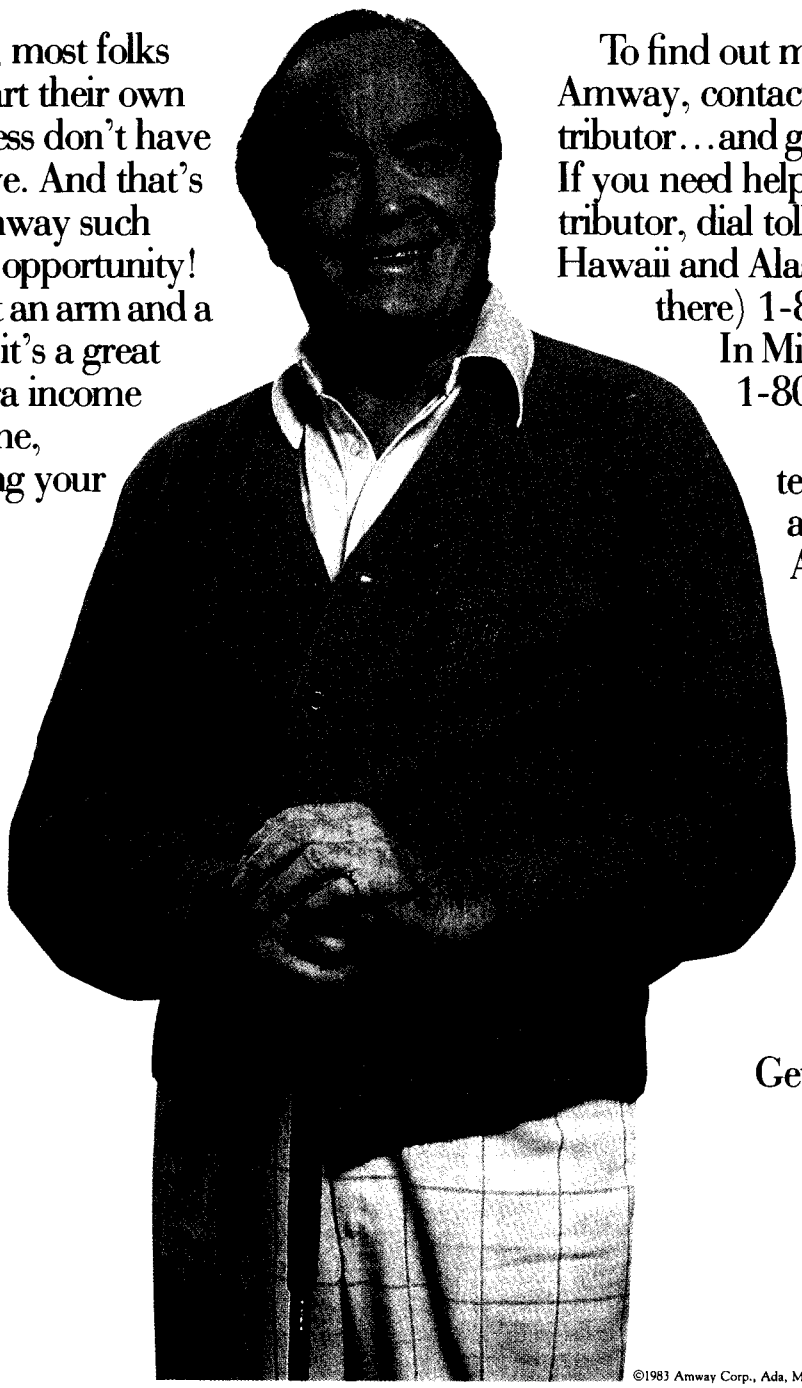

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THE DOWN-SIZED DREAM HOUSE

If small is beautiful, this subcompact version of the American dream has to be the most majestic edifice since the Taj Mahal.

by James Krohe Jr.

"New homes are small but exciting," the *New York Times* says. I suppose that's true, if you like darts in your guacamole dip.

I should explain. Roughly 413,000 new houses were sold in the United States in 1982. One of them was mine. It is what realtors politely call "downsized." It encloses a modest 1,210 square feet of living space, which gives it only slightly more legroom than the '63 Cadillacs.

Funny how comparisons with cars seem to come naturally when one is talking about the new down-sized house of the '80s. The *Times* calls it a "subcompact version of the American dream," but then so was my budget. It is true that my house gets great gas mileage, so to speak. And it is a little hard to squeeze all the relatives and their presents into it at Christmas. A lot of people are used to seeing cars housed more spaciously during construction. One of my new neighbors asked me why I was putting a picture window in my garage. I didn't wish to embarrass him by correcting him. To this day he thinks I sleep in the back seat of my Rabbit, and I've noticed that he won't let his kids play near my yard.

The high costs of land, energy and money, coupled with the downsizing of the American household, led to smaller houses as surely as OPEC led to Toyotas. A member survey published in the fall of 1982 by the National Association of Home Builders revealed that three out of every four builders responding were building houses that ranged in size from 850 to 1,400 square feet. As recently as four years ago, the median size of a new single-family detached house in the United States was 1,655 square feet. Small may or may not be beautiful, but it appears to be inevitable.

Adjusting to my new house was a little like breaking in a new pair of shoes—tight at first, but one gradually gets used to it. My Dalmatian, for example, now turns only 1½ times before settling into his bed in the kitchen, which isn't in the kitchen anymore but the kitchen area. And though my friends can accommodate those few extra pounds they put on over the holidays by buying new trousers, I'd have to take out a home-improvement loan.

Living in less is a lot like living *on* less. The trick is to budget space as if it were money. Apparently Murphy beds are enjoying their best sales in the United States in 20 years. Other than his first name—which was William—I know nothing about the man who invented beds that fold up into walls. I am confident that, were he alive, he would stand before the down-sized house the way Hillary stood before Mt. Everest.

I would love to get Murphy's advice about marketing my own Krohe Nibble-Nook. It's a card table, actually, mounted so it folds up into the wall for storage behind my Pele poster. For chairs I use stacks of back issues of *New Shelter* magazine. The system is adaptable to all kinds of houses. Old *New Yorker*s make nifty chairs, too.

Economics may dictate that one's house be small, but that doesn't mean it has to feel small. Architects have come up with all sorts of tricks they can use to give new small houses the illusion of spaciousness. Cathedral-type ceilings help give a sense of space, as do wall-less "great" rooms—usually the kitchen, living and dining rooms combined. Sightlines through the interior are thus lengthened, an effect enhanced by placing glass doors or windows at strategic spots to extend interior views outdoors.

My house has them all. The company that designed my house calls this model the "Sunburst." I call it the "Alan Ladd" because its producers had to resort to so many optical illusions to make it look bigger than it really is. My Nibble-Nook opens out in front of a double glass door and gives me a view of the garden so intimate that I can pick fresh lettuce for the table without leaving.

This openness involves some loss of privacy, however, as I learned one evening while sitting at my table and working the *Times* crossword. I was stuck on 34 Across, a four-letter word meaning "Scaly scavenger." The phone rang. It was Mr. J., my new neighbor from across the alley. "Carp," he said.

It is the great room that really impresses people. Fully half my house consists of it. The term "great room" is not yet in common use, however, which makes descriptions awkward. A friend dropped by to see the new place. Hoping to be helpful, I said, "This is a great room."

I am now thought to be house-proud.

Problems of terminology aside, the great room is great. The space is

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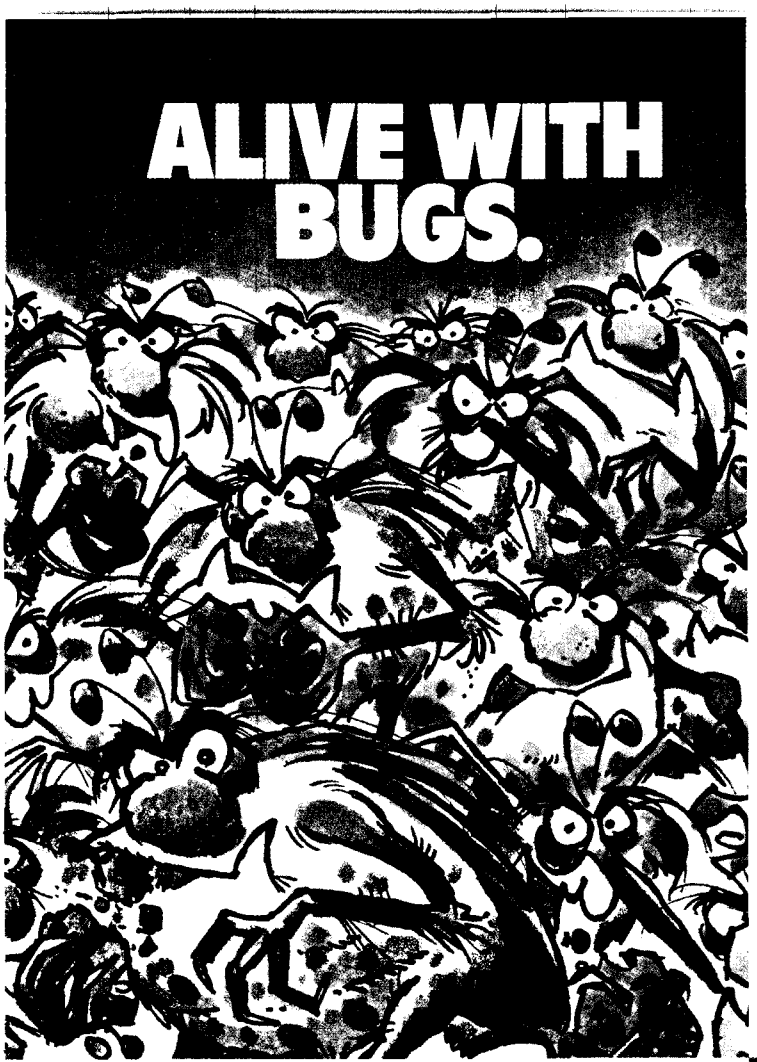


interrupted only by a waist-high wall that separates the kitchen from the rest of the room. Rather than dirtying dishes unnecessarily at parties, I merely toss *hors d'oeuvres* to my guests on the sofa from the kitchen, the way one might toss bits of fish to trained seals.

Historians may puzzle over what constitutes greatness in a leader, by the way, but in my room it is a cathedral ceiling. The ceiling rises to a peak 14 feet or so above the floor. Here again, spaciousness has its price. The sloped ceiling complicates the geometry of one's attic, for example. Christmas decorations, my old high-school yearbooks, that basketball with a hole in it—all the junk in my attic keeps sliding down the rafters and clogging my soffit vents. (No, I didn't know what a soffit was at first either.) A soffit vent may be described as that part of a house that doesn't work when clogged with Christmas decorations, yearbooks and basketballs.

A cathedral ceiling makes a great place to hang a ceiling fan. It was explained to me that a peaked ceiling makes possible the installation of such a fan, which I needed to draw down the warmed air that rises and collects near the peak in the wintertime. But of course the warm air wouldn't be up there if the ceiling weren't peaked in the first place. This illustrates Krohe's Second Law of Architecture, which is expressed: "If it's so smart, somebody would have done it a long time ago."

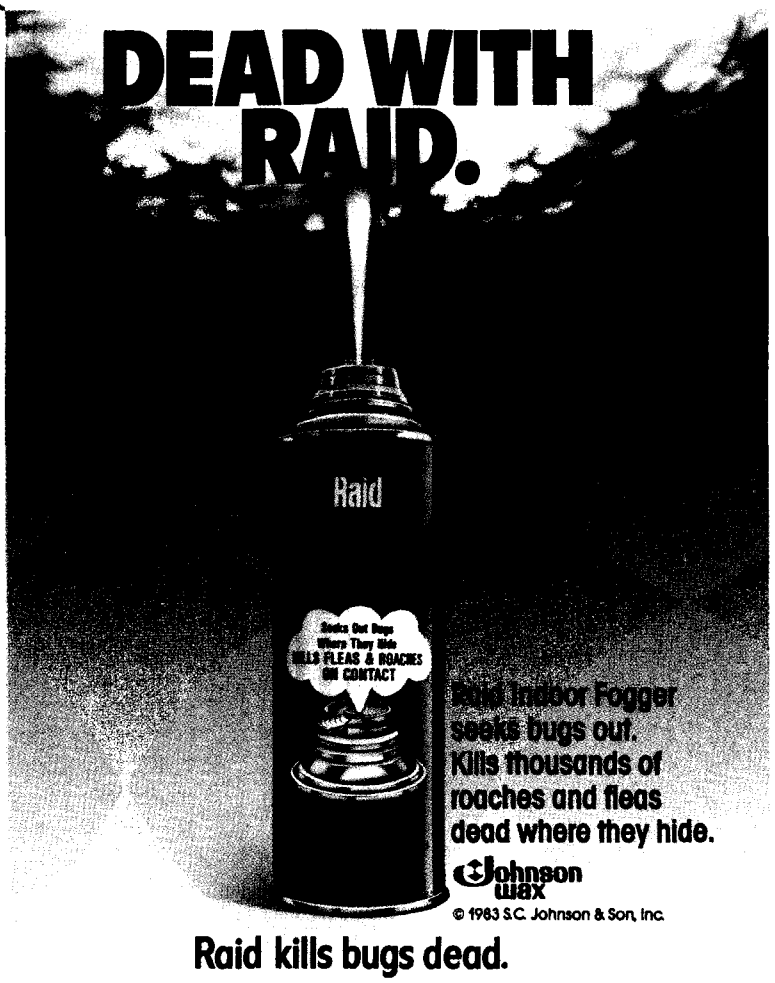
One other problem. In the warmer months, moths and mosquitoes like to congregate in the great room's upper reaches and take advantage of warm-air currents rising from the kitchen the way condors soar atop the thermals off the Chilean coast. No fly swatter can reach them. So I bought a toy pistol that fires plastic darts—you know, the ones with the suction cups on the ends—hoping that what worked for Britain in 1940 would work for me in 1984.

I quickly learned that the pistol lacked the *oomph* needed for long-range aerial combat. The bugs amused themselves by darting about in front of the passing missiles, the way reckless young men dare danger during the running of the bulls in Pamplona. For all I know, moths were changing their vacation plans to be able to visit my house for the shooting of the darts.

That's not the worst of it. During my housewarming party, a spent dart landed with a plop in the dip. I explained to my startled guests that, although it looked like a dart, it was really a kind of spoon. "The French," I insisted, "won't serve guacamole without one."

Imagine my surprise when I learned later that one of those very guests was the sister-in-law of the "Style" editor of the local newspaper, which now wants to do a profile on me as part of a Sunday feature to be called "Home Dining in the '80s—High Tech Goes Continental." I've been busy practicing my hors d'oeuvres toss, just in case they want pictures.

The other night I dropped a canape and it rolled out of sight. I was on all fours looking for it when the phone rang. It was Mr. J. again. "It's under the buffet," he said. I thanked him, and as I was about to hang up, he added, "You know what they say. People who live in glass houses shouldn't throw throw-parties." ✱



Raid kills bugs dead.

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Post People

"If you want to live to be a hundred or older," says 88-year-old ***George Burns,*** "you can't just sit around waiting for it to happen." Terri Welles can attest that he doesn't.

About to make his third *Oh, God!* movie, his fourth book a best-seller, Mr. Burns recently entertained 1,200 at a "ladies only" birthday show in Atlantic City. Why "only" 1,200? "I'm not as young as I used to be," he laments. "Two had to come back the next night."

Singer ***Dinah Shore*** still plays tennis, but because of Palm Springs' temperatures and the confinement of tennis-court walls, today she is hol-

lering "Fore!" more often than "Love 40!"

Her hectic schedule, however, has allowed her to hit the course only once in three months while preparing the *Dinah Shore Cookbook*, a collection of recipes from chefs, fans and friends, including Zsa Zsa Gabor's "szekely guly" and Carroll O'Connor's "golobki." Yum yum.

Holly Coors

Nothing like the Olympics brings out the medals and the memories of yesteryear. For ***Anne Henning Walker*** they go back to the Winter Games of 1972 when, at age 16, she won the speed-skating gold. Today this former sports commentator for ABC and TV "Superstars" winner three years in a row keeps her medal-winning shape with daily workouts.

After five Oscar nominations in her 38-film career, *Terms of Endearment* offered ***Shirley MacLaine*** a part that finally allowed her not only to place the Best Actress award alongside her Emmy but also to be congratulated by daughter Sachi. Dancer-turned-actress MacLaine,

asked why her motherly role had fans pouring into the theaters and critics running to their dictionaries for new terms of endearment, explains: "Because everyone has a mother." Why does she still dance in Las Vegas? "Well, I'm doing anything I can to *seem* young," she says.

"The 'war of words' ranging throughout the world is a quiet, dirty game of forgeries, fabricated news stories, slander and rumors of assassination attempts supposedly plotted

Holly Coors

by the U.S." And who should know better than ***Charles Z. Wick,*** director of the United States Information Agency?

"Thanks to defectors from the Soviet disinformation system," states Wick, "we are better prepared. However, the Soviet campaign is like an oak tree. Some shrivel and die while others take root and grow. Thus the acorns keep falling."

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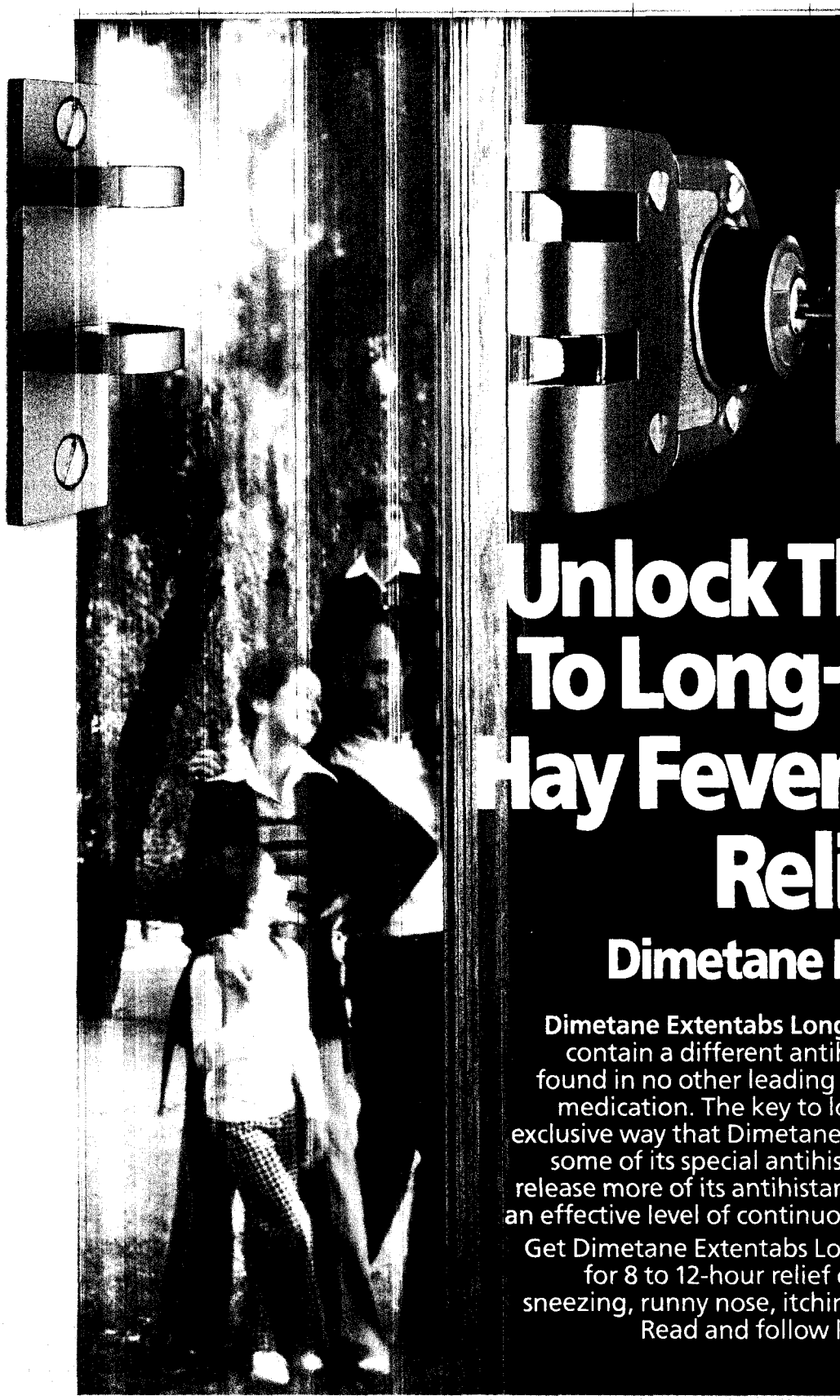

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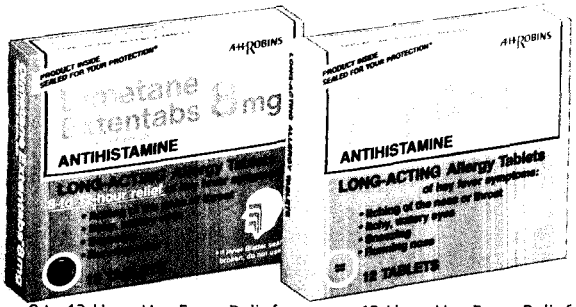

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GREAT SALADS IN THE MAKING

Mixing and matching the right, fresh ingredients with the most appropriate spices is the key to making salads taste their best.

by Christopher Irwin

A good salad is nothing to be tossed off lightly. The ancient Greeks thought so highly of salads, they saved them until the last, eating them only after dessert. Years later, French aristocrats took to the dining table in eager anticipation of their salads, which were often sprinkled with such delicacies as primroses, violets and angelica. By comparison, the modern concept of the salad as a mere hurdle to be passed en route to the main course seems shallow.

Perhaps we haven't given salads their due. It's not really so difficult to bridge the gap between the merely ordinary salad and the special one a chef might prepare in an expensive restaurant. All that's necessary is some TLC, a little savoir-faire and some good recipes (see below).

Here are three spicy ways to tempt the taste buds of salad-loving friends and relatives: dilly tuna and vegetable toss, herbed broccoli and curried potato salad.

Tossed salads contain two basic parts: greens and dressing. Both are important. Obtaining good greens begins in the garden or the grocery. Be sure to select a variety to add subtlety to your salad. Don't get stuck in the iceberg-lettuce rut; there's a multitude of different greens to choose from, each with different flavors and textures—leaf lettuce, with ruffled edges and red-tipped leaves; Bibb, with sweet, tender, cupped leaves; Boston, with its velvety texture; romaine, coarse in texture and just slightly sharp to bitter in flavor; flavorful savoy cabbage; iron-rich spinach; and endive of various varieties, escarole, parsley, chives and watercress. Other suitable greens are turnip, mustard, chard, dandelion and celery leaves.

Select crisp and relatively blemish-free greens. Take them home immediately and prepare them for storage by washing them under cool, running water to remove impurities. Pat dry with paper towels. Remove any brown spots. Store the greens in plastic bags or the crisper drawer in your refrigerator. Chill salad greens for several hours before serving.

Now for the tricky part—the flavoring. Good dressings abound, but one should avoid, when choosing a dressing, returning to the salad all the calories, sugar and salt whose absence makes a salad so virtuous to begin with. Although vinegar and oil are traditional, you should go sparingly with the oil. It does little to enhance a salad's flavor. If it's a garlic flavor you crave, try the French method: Crush a garlic clove on a cube of dry bread and toss the bread along with the greens. Don't use the lazy method and sprinkle the greens with garlic powder or, worse yet, garlic salt—it's just not the same, believe me, and your salad will most likely be ruined.

Spices that can be used to perk up a salad include chervil, parsley, chives and tarragon. If you like onion flavor in your salad, but onions are a little too strong for you, try thin slices of leeks. For an overall

continued on following page

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salad pick-me-up, use a dash of ground pepper.

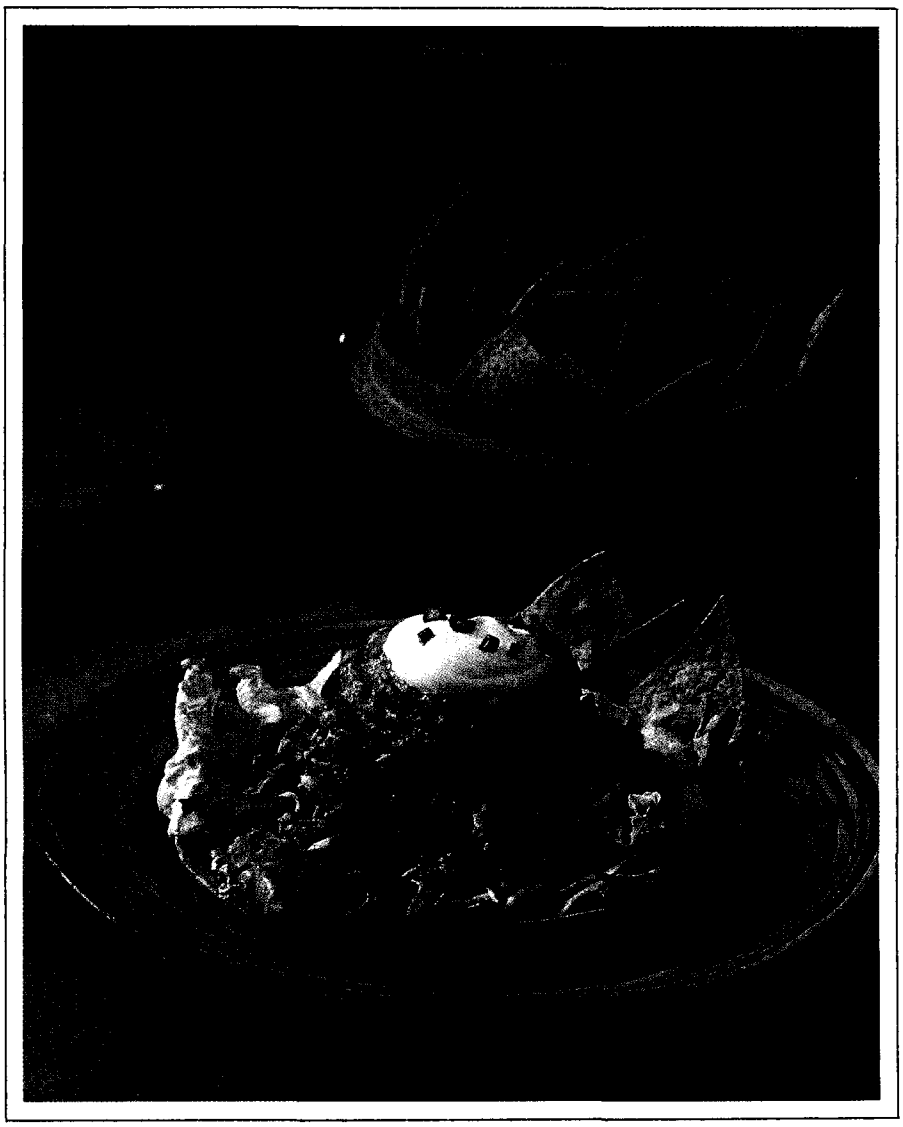
A typical salad serving should contain about two cups of greens, packed loosely. When you prepare a salad, always wait until just before the meal. Don't cut the leaves; tear them into bite-sized pieces. Pour the sauce over the greens and toss with a tosser or with your hands. Hands are sometimes best; you can tell when the greens have become thinly coated. Never drown a salad.

The following are some favorite tossed and composed salads. Some are especially high in fiber. All contain little oil, sugar or salt. They may give you some ideas for improving your own favorite salad recipes. And that old Greek idea of placing the salad last on the menu—for a change, you might want to try it.

Vegetarian Wheat-Germ Tostado
(Makes 4 servings)

4 tortillas
2 medium tomatoes, diced
1½ cups Monterey jack cheese, grated
¾ cup Kretschmer® regular wheat germ
1 can (7-7½ oz.) green chili sauce
½ cup celery, sliced
⅓ cup green onion, chopped
2 tablespoons tomato sauce
4 cups lettuce, torn
1 avocado, peeled, pitted and mashed
2 teaspoons lemon juice
½ cup plain yogurt

Place tortillas in single layer on baking sheet. Bake at 350° F. for about 10 minutes, until crisp. Combine tomatoes, cheese, wheat germ, chili sauce, celery, onion and tomato sauce. Mix well. Place tortillas on serving plates. Top with lettuce. Spread wheat-germ mixture onto lettuce. Combine mashed avocado and lemon juice. Spoon onto wheat-germ mixture. Top with yogurt. Sprinkle with additional wheat germ, if desired.



The vegetarian wheat-germ tostado combines the irresistible flavor of avocado and the healthfulness of wheat germ and yogurt in a south-of-the-border salad delight.

Dilly Tuna and Vegetable Toss
(Makes 5 cups)

2 cups zucchini cubes
2 cups tomato cubes
1 can (7 oz.) water-packed tuna, drained and flaked
¾ teaspoon dill weed, crushed
½ teaspoon onion powder
½ teaspoon thyme
¼ teaspoon garlic powder
⅛ teaspoon cayenne pepper
2 tablespoons lemon juice

In a medium bowl combine zucchini, tomatoes and tuna. Sprinkle with thyme, dill, onion and garlic powders, cayenne pepper and lemon juice. Toss well. Refrigerate until ready to serve, at least 30 minutes. Serve on lettuce leaves, if desired.

Curried Potato Salad
(Makes 7 cups)

5 medium potatoes (2 lbs.), cooked
1½ cups cut green beans, cooked
1 container (8 oz.) plain yogurt
¾ teaspoon garlic powder
1/16 teaspoon cayenne pepper
½ teaspoon tumeric

Peel potatoes; cut into ½-inch cubes. Place in small bowl with green beans. Combine yogurt, curry powder, garlic powder, cayenne pepper and tumeric. Pour over potatoes; toss to coat. Refrigerate until ready to serve, at least 30 minutes.

Herbed Broccoli Salad
(Makes 6 cups)

2 tablespoons salad oil
2 tablespoons apple-cider vinegar
½ teaspoon thyme
½ teaspoon basil leaves, crushed
⅛ teaspoon garlic powder
1/16 teaspoon cayenne
*1½ cups broccoli medallions**
2 cups carrots, sliced
2½ cups broccoli flowerets

Combine oil, vinegar, thyme, basil, garlic powder and cayenne pepper; set aside. In a medium saucepan, bring 2 inches salted water to a boil. Add carrots and medallions; simmer 2 minutes. Add broccoli flowerets; simmer 1 minute. Drain and place in a bowl; toss with reserved dressing. Cover and refrigerate until chilled

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or overnight. Serve garnished with lettuce leaves, if desired.
* To make medallions, slice broccoli stems crosswise, ¼-inch thick.

Almond Chicken Salad Oriental
(Makes 6 servings)

1½ cups raw rice
2 lemons
¼ cup dark soy sauce
2 cloves garlic, chopped finely
2 whole chicken breasts, skinned, boned, poached and cut into cubes
½ pound snow peas or green beans, blanched and sliced
6 green onions, sliced
½ green pepper, diced
1 large carrot, julienned and blanched
Cayenne pepper to taste
1 cup Blue Diamond® Natural Almonds, chopped, toasted
Leaves of lettuce

Cook rice according to package directions and omit butter. Meanwhile, grate peel of both lemons; squeeze lemons for juice. Combine lemon peel, juice, soy sauce and garlic. Marinate chicken in lemon mixture while preparing vegetables. Add hot, cooked rice and vegetables to chicken mixture. Chill. Season with cayenne pepper. Stir in almonds. Serve on lettuce-lined plates.

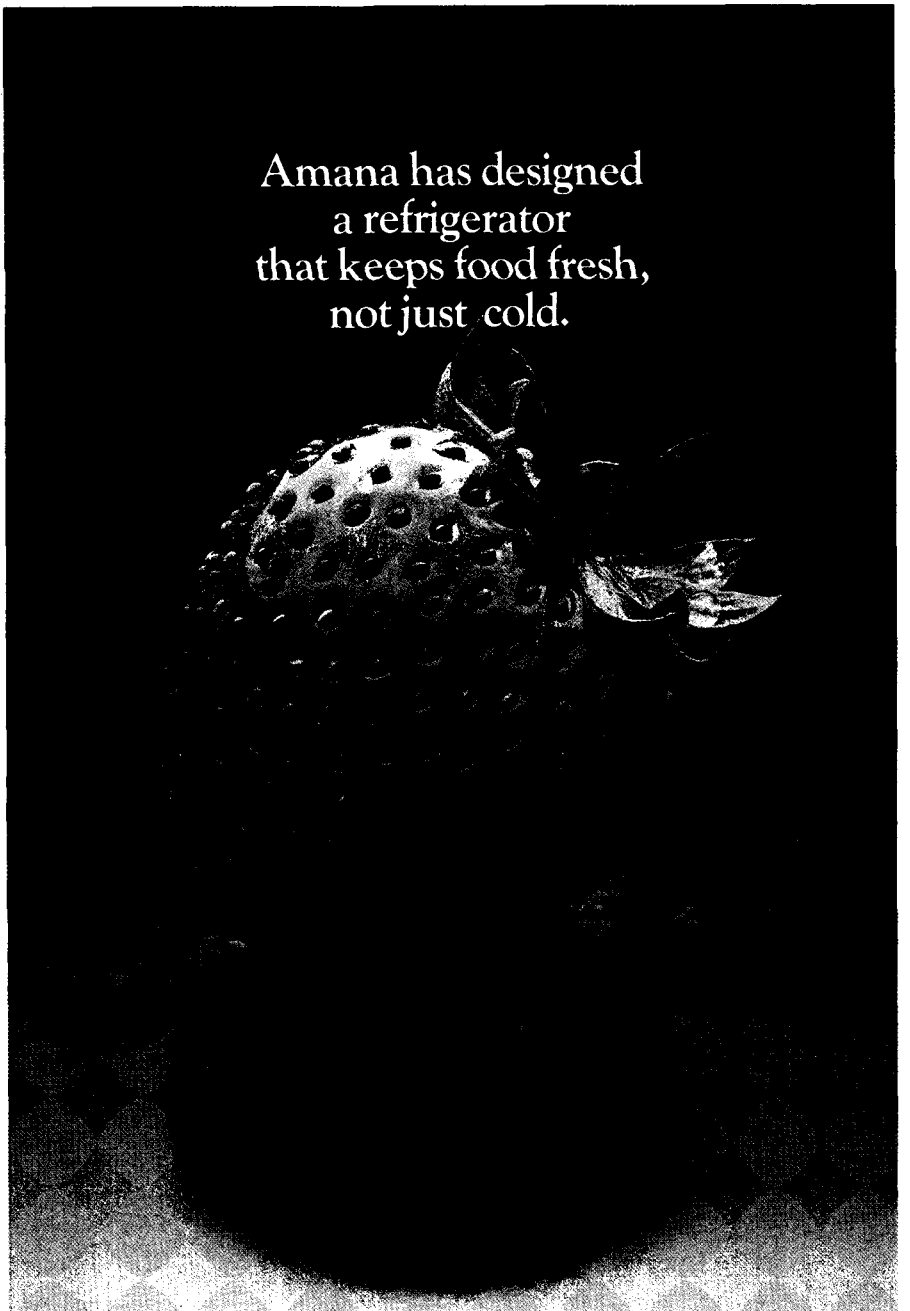
Marinated Green Bean and Potato Salad
(Makes 4 servings)

½ pound green beans, cut in 1-inch pieces
2 small new potatoes, thinly sliced
Pure vegetable cooking spray
⅛ teaspoon celery seed, ground
Dash cayenne pepper
2 tablespoon apple-cider vinegar
½ teaspoon tarragon leaves
1 small onion, thinly sliced
1 cup cherry tomatoes, halved

Wash beans and potatoes with cold water; drain but do not shake off excess moisture. Sprinkle with celery seed and cayenne pepper. Coat bottom of heavy pan or skillet with pure vegetable cooking spray, according to directions. Arrange beans in an even layer in bottom of pan. Arrange potato slices on top. Cover and cook over low heat, 12 to 14 minutes. Remove from heat. Let stand 10 minutes. Turn into bowl;

continued on following page

Amana has designed a refrigerator that keeps food fresh, not just cold.



Now, there's a refrigerator that controls the flow of air to give each food the environment it needs to stay fresh.

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To keep food as fresh as possible, as long as possible, you need all these features working together. So when you reach for that piece of celery or strawberry, it won't just be cold. It'll be fresh.

A Breath of Fresh Air. Amana®

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add vinegar, onion and tomatoes. Toss well. Chill until serving time.

Marinated Tuna and Green Beans
(Makes 4 cups)

1 (9- or 10-ounce) package frozen green beans, thawed
1 (7-ounce) can water-packed tuna, drained and flaked
¼ pound (4-ounce) farmer cheese, cubed
1 medium-sized sweet onion, sliced
2 tablespoons Parmesan and Romano cheese, grated
¾ cup apple-cider vinegar dressing
Tomato wedges
Lettuce leaves, optional

In medium bowl, combine beans, tuna, farmer cheese, onion and grated cheese; pour Apple-Cider Vinegar Dressing over bean mixture. Cover. Refrigerate 4 hours, stirring occasionally. If desired, serve on lettuce; garnish with tomato.

Apple-Cider Vinegar Dressing
(Makes about ¾ cup)

¼ cup apple-cider vinegar
½ cup water
½ teaspoon dry mustard
½ teaspoon summer savory
½ teaspoon thyme

Combine ingredients and mix well.

Cauliflower Salad

1 head cauliflower, washed, trimmed, broken into bite-sized pieces
1 can water chestnuts, sliced
10 to 12 radishes, sliced

Salad Dressing

5 tablespoons cottage cheese
2 tablespoons skim milk
½ teaspoon lemon pepper
¼ teaspoon onion flakes

Blend well. Pour over cauliflower and allow to stand for ½ hour.

Summer's Harvest Salad
(Makes 8 servings)

1 head broccoli, broken into small flowerets
1 cup frozen green peas
1 cup fresh, raw cauliflower, broken into small flowerets
1½ cups celery, chopped
¼ cup green pepper, chopped
¼ cup onion, chopped
½ cup medium cheddar cheese, cut into small squares
2 hard-boiled egg whites, chopped
1 tablespoon lemon juice
2 tablespoons mayonnaise
½ cup of natural sliced almonds, toasted

Cook broccoli about three minutes, (until crisp). Drain and cool. Bring peas to a full boil for one minute. Drain and cool. Mix vegetables, cheese and egg whites. Add lemon juice and toss. Moisten with the mayonnaise. Sprinkle with almonds.

Wheat-Germ-Stuffed Tomato Salad
(Makes 4 servings)

1 whole chicken breast, boned, skinned and diced
1 teaspoon corn-oil margarine
4 large, firm, ripe tomatoes
¾ cup Kretschmer® Regular Wheat Germ
⅓ cup green onion, chopped
⅓ cup green pepper, chopped
¾ teaspoon dill weed
½ teaspoon thyme leaves, crushed
⅛ teaspoon cayenne pepper

Sauté chicken in margarine until tender (about 5 minutes). Cut thin slice from tops of tomatoes. Scoop out pulp, leaving shells intact. Dice tomato tops and pulp. Drain. Combine all ingredients except tomato shells. Mix well. Spoon mixture into shells. Serve on lettuce garnished with avocado wedges and ripe olives, if desired. To serve hot, place in shallow baking pan and bake at 350° F. for about 25 minutes. Yogurt optional.

Cucumber Onion Salad
(Makes 4 servings)

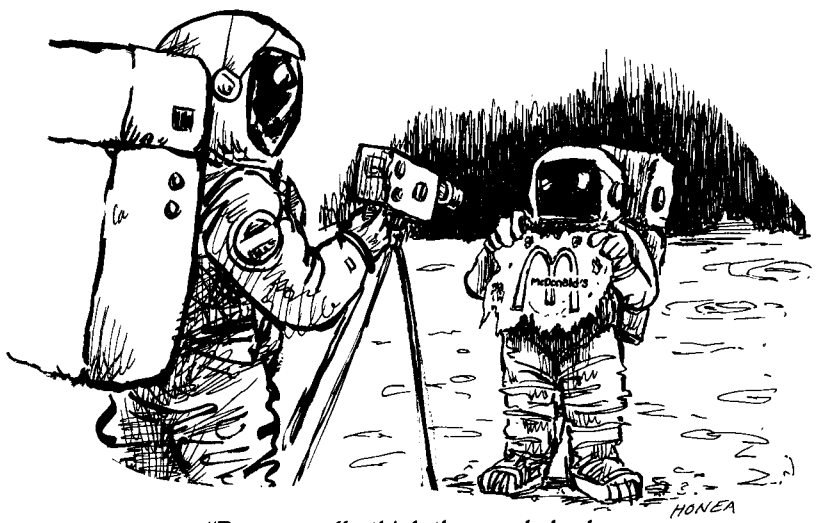
1 large cucumber, peeled and thinly sliced
1 large onion, peeled and thinly sliced
½ cup apple-cider vinegar
¼ cup water
1 tablespoon dill weed
⅛ teaspoon cayenne pepper

Combine in small bowl: vinegar, water, dill weed and cayenne pepper. Add cucumber and onions; stir. Cover and place in refrigerator; stir occasionally. For best flavor, make one day ahead.

Marinated Asparagus Salad
(Makes 5 cups)

1 10 oz. package frozen asparagus spears
1 head of cauliflower, broken into flowerets
4 medium carrots, cut into ⅛ inch slices
2 hard-cooked egg whites, chopped
3 tablespoons apple-cider vinegar
2 tablespoons water
⅛ teaspoon cayenne pepper
1 teaspoon instant minced onion
½ teaspoon basil leaves
⅛ teaspoon summer savory
⅛ teaspoon celery seed, ground
2 teaspoons Dijon mustard

Place asparagus in saucepan with small amount of water. Cover and bring to boil. Lower heat and simmer gently three minutes. Cook cauliflower and carrots in small amount of water, simmering for five minutes. Drain all vegetables and cool. Cut asparagus into 2-inch pieces using a diagonal cut. In large bowl, combine asparagus, cauliflower and carrots. Toss gently. In small bowl, combine remaining ingredients. Mix well. Pour over cooked vegetables. Toss gently. Chill two hours before serving.



"Do you really think the people back on Earth want to know about this?"

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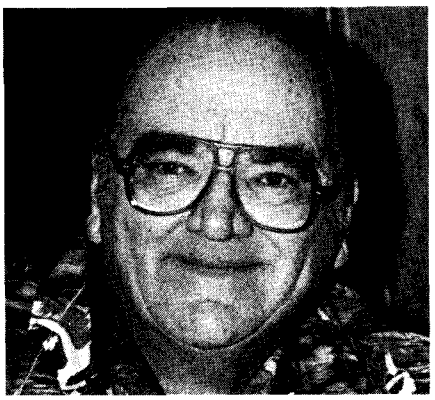
If you want relief from minor arthritis pain, do what these people did.

"Aspirin upsets my stomach. So when I heard about Aspercreme, I tried it. It works great." CARRIE RERES



"Aspercreme gets deep down to where I hurt to relieve my arthritis pain." AL CONNOLLY

"Without Aspercreme I would be in constant pain. Some nights I wouldn't get a wink of sleep without it." SHIRLEY NOBLE

"...thank you for developing a cream that relieves my arthritis pain. Aspercreme doesn't burn my skin and make my home smell like a hospital." JULIA MCELLISTRIM

Aspercreme® concentrates fast relief at the point of arthritis pain. It penetrates through the skin to where you hurt because it's a transdermal medication, trans (through), dermal (skin). Aspercreme penetrates its strong, non-aspirin pain reliever quickly, deeply, for fast-acting relief that lasts for hours.

People prone to aspirin or salicylate allergic reactions should consult their physician before using.

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VETS ON PETS

GETTING THE JUMP ON FLEAS

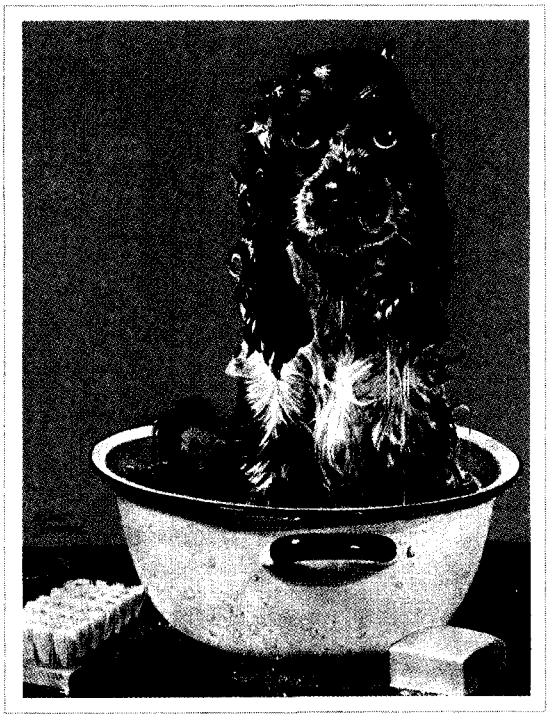
If you're itching to find a solution to this irritating pet problem, here are some suggestions.

H. Ellen White, D.V.M.

In my travels across the country, I have participated in many TV and radio call-in programs. Although I have received many questions about the exotic and dangerous diseases that can affect pets, I've found that the No. 1 concern of pet owners from New York to Miami, from Baltimore to San Diego, is fleas.

Never have more ingenious methods been designed either to "do fleas in" or to make them leave home—yet these pests live on. By developing resistance to commonly used insecticides, they continue to cause irritation and misery to pets and people almost everywhere.

Fleas cause irritation by biting the skin in order to suck out blood. The flea saliva contains a chemical that causes an allergic reaction and results in itching and reddened skin. Flea-bite dermatitis is the most common cause of canine allergy. Fleas can also transmit tapeworms.



A brisk bath may make your pet's unwelcome guests flee temporarily, but more stringent measures are needed for long-term results.

Clinical signs of flea infestation include scratching, restlessness and hair loss. A diagnosis is made upon finding fleas or black flecks of "flea dirt" around the tail, rump and underline of the dog or cat. Fleas spend most of their lives off an animal rather than on it; adult fleas are more susceptible to treatment with pesticides than the immature fleas, which tend to live in the animal's surroundings.

An interesting method of attacking the flea problem is ultrasound. Ultrasonic medallions designed to be worn on a dog's or a cat's collar create sound waves that are supposed to drive fleas out of their happy homes. Conflicting reports have emerged about the effectiveness of these ultrasonic devices. Certainly they have not yet emerged as the hoped-for remedy.

For people who prefer more "natural" methods of flea removal, herbal flea collars are now available. And garlic is a home remedy supported by many pet owners. Fed to a pet, it is said to cause a skin odor that fleas don't like. Unfortunately, many people don't like the odor either. My own theory is that fleas naturally disappear from the house when the dog has been banished to the back 40.

The feeding of brewer's yeast with B-complex vitamin supplements has been promoted as a natural flea repellent. A recent scientific article supports the use of brewer's yeast as a deterrent to flea infestation.

Flea collars or medallions were once touted as the "answer." They do help in many instances, although today's fleas seem to be developing resistance to many of the insecticides used in the collars. Pets can be allergic to the insecticide, so expose a new flea collar to air for a day or two before putting it on your pet. Do not use a dog collar on a cat. Avoid the use of flea collars in very young, old or nursing animals. Avoid getting collars wet and do not use them with other insecticides.

Other remedies—shampoos, soaps, sprays, powders and dips—have been used for years. An adaptation of powder treatment is the Flea Bag for cats; you insert the cat into the bag and shake. Dips are perhaps the most effective of the treatments. However, cats can be extremely sensitive to dips; check with your veterinarian first. Avoid getting dip in your pet's eyes, nose, ears, mouth or genitals.

Oral medications (tablets or liquid) can kill fleas. These drugs should not be used with other insecticides or in greyhounds, pregnant or stressed animals.

Because fleas spend 95 percent of their time off your pet, it makes sense to spend a large portion of your war against fleas on the environment. Attack all fronts (house, yard, pet) at once. Severe flea infestation may warrant employing a professional exterminator to treat the house and yard while your veterinarian concentrates on exterminating the fleas on your pet.

If you are into "do it yourself," an insecticide powder or concentrate can be mixed with water and sprayed on the yard. Inside your home, sweep all carpets thoroughly and dispose of the vacuum bag. Replace or wash your pet's bedding. Use a spray or "flea bomb" aerosol fogger in the house; use according to direction. A pre-emergent fogger will kill

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adult and immature fleas.

Fleas like warm, humid weather, so good flea detection should start in the spring. Attention to grooming your pet should reveal the first evidence of the pest.

Questions for the Vet

Dear Dr. White:

I have a cat whose eyes became completely dilated. After treatment with antibiotics they did recede somewhat but are still partly dilated all the time. Can you suggest any treatment?

Mrs. L.E. Sleeper
Hillsdale, Michigan

Dear Mrs. Sleeper:

Certain diseases of cats, such as feline infectious peritonitis, feline leukemia and toxoplasmosis, can manifest clinical signs similar to what you describe. Also, protein deficiency of cats produces signs such as dilated pupils and blindness. Cats have a very high protein requirement available only in animal protein sources and, when fed diets such as dry dog food, can develop an amino-acid deficiency.

Of course, if the cat is responding to antibiotics, the probable cause is an infection. I am sure that your veterinarian will make recommendations if this therapy is not successful.

H.E.W.

Dear Dr. White:

I have a 14-year-old mixed collie, whom I love very much. But I have some problems with her. She has lost most of her hair, even though I have tried many medications to make it grow back. During the winter, I bathe her twice a week with a wet cloth. Then I apply Sulfodine to her coat. It seems to help.

I think that she has rheumatism, because she has trouble climbing the stairs to my second-floor apartment. Also, this last year, she began leaving some wet spots in her bed. This happens for two or three days, and then stops for two or three weeks.

She does not really seem to be sick, though. She has a great appetite. She even plays outside in the summer. I know she is getting old, but she is still a wonderful watchdog.

Is there is anything I can do? Please let me know, because I love her very much.

Helena Ouellette
Newport, Rhode Island

Dear Mrs. Ouellette:

I can tell from your letter that your dog is very important to you.

I could make suggestions about specific conditions, but I want to emphasize that your dog should be treated by a veterinarian. A dog of 14 usually has many chronic conditions that might be aided by proper veterinary care.

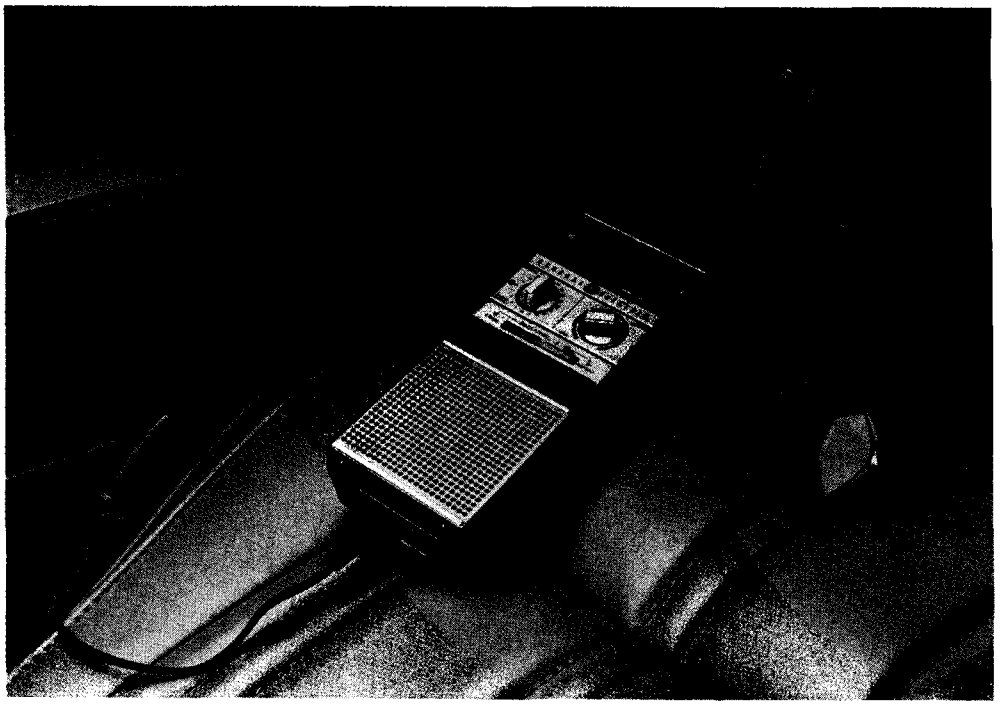
Good grooming, vitamin E, zinc and fatty-acid supplements might be indicated by your veterinarian.

Difficulty climbing stairs is often a clue that the problem might be arthritis and hip dysplasia. If the dog is heavy, losing weight would help. Corticosteroids may be prescribed by your veterinarian.

Urination in the house might be due to several conditions, such as hormone deficiency or bladder infection. Again, this problem should be checked by your veterinarian.

H.E.W.

If you have questons about your pets, you may send them to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway, Blvd., Indianapolis, IN 46202.



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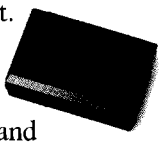
HELP is a full-power, full-performance CB radio. So you have all the access to the help you need, when you need it.

HELP! THE GE EMERGENCY 2-WAY RADIO IN A CASE.

To use, simply put the magnetic antenna on the roof, plug the adapter into the cigarette lighter, and you're on the air.

If trouble is nowhere in sight, neither is HELP. It stores neatly in its own compact case under the seat or in the trunk. And the super compact HELP 2 fits in the glove compartment. You don't see it, nor does anyone else.



So the next time you and your family use the car, make sure HELP is along for the ride.

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with any new subscription or renewal extension to The Saturday Evening Post.

The SatEvePost Society wants to keep our readers healthy for a long time.

We feel that the diet of many Americans is deficient in lysine, especially the diet of Americans who eat vegetarian foods. The amino acid, lysine, in this Purdue University specially bred corn makes it an almost complete protein food. This corn meal contains nearly twice as much lysine as regular corn meal. A purpose of the Society is to encourage large

Purdue University's Dr. Edwin Mertz (left) deserves a Nobel Prize for his work in discovering the high-lysine corn. Its higher lysine content has the potential of saving millions of children from starvation in Third World countries. (Right) Post *research kitchens are busy turning out high-lysine corn recipes for everything from waffles to soufflés.*

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food processors to package high-lysine corn meal so that the public will demand it after discovering how much sweeter and tastier it is.

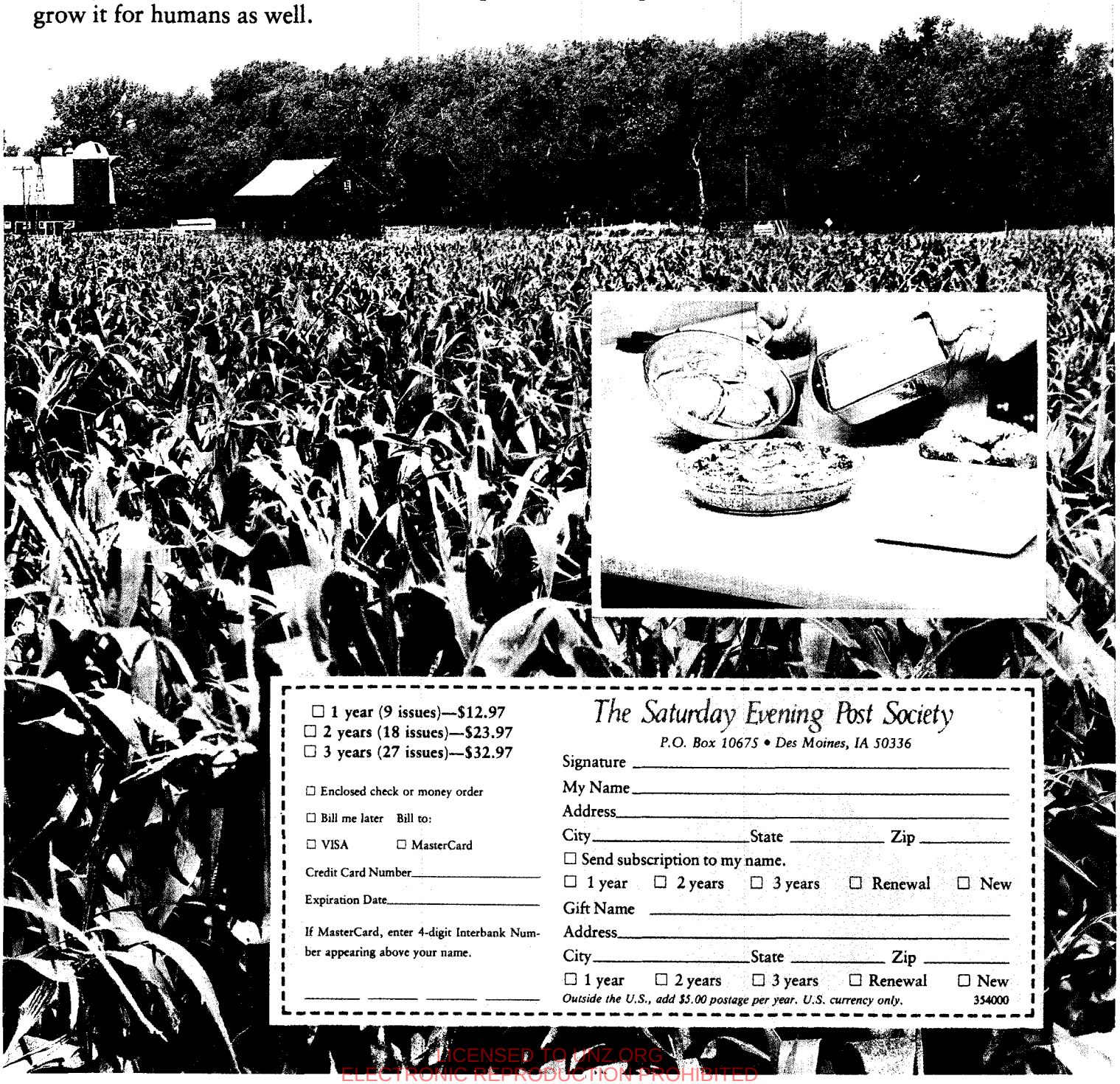
If the white mice we now have on a high-lysine diet (to see if it prevents leukemia) could talk, they would verify how good it is. Iowa farmers find that their pigs turn up their noses at regular corn after trying the high-lysine variety. We want farmers to grow it for humans as well.

We've done our homework, and we'd like our readers to try this method of increasing the lysine in their diets while they increase the fiber. It's the best of both worlds! We should be going to a diet of more grains and complex carbohydrates, and high-lysine corn provides the missing link in the high-fiber diet.

Besides, it makes tastier cornbread, corn pudding, souffles, pancakes, corn pies and waffles.

So, keep the *Post* coming to your door and we will set a FREE bag of high-lysine corn in your kitchen cupboard.

High-Lysine Corn Meal with each paid subscription.



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THE STRANGE APPEARANCE OF NORMAN COUSINS

When the famous editor turned medical researcher arrived at the party, it quickly turned into a game of hide-and-Sikh.

by Eleanor Cousins

Two years ago, I wrote a story for *The Saturday Evening Post* about a surprise party I gave for my husband to celebrate a year's survival from his heart attack. Some of the cardiologists had thought Norman would not survive for a year without a bypass operation, but Norman felt he could make a complete recovery by means of exercise, good nutrition and avoiding unreasonable stress. Norman was pretty sure his body could make its own bypass. And he was right. I thought it might be fun to mark the day when the year had passed by surprising Norman with a celebration. However, the day before the party, Norman got wind of it and turned the surprise around on us.

I wrote in the earlier article that one of Norman's friends had arranged for him to get a professional make-up job at Universal Studios. That was how a "Dr. Morton from London" appeared at the party. He was an elderly English gentleman, stooped and deaf, with a full head of gray hair, a beard, a mustache and bushy eyebrows. It turned out to be Norman.

It is now three years since Norman's heart attack, and he is stronger than ever. At his last check-up, his cardiologist was amazed to see the extent of his recovery.

When the third anniversary of his survival approached, we thought we ought to have another party. This time it was not a surprise. The same guests were invited. At seven o'clock everyone but Norman had arrived. Finally, at about seven-thirty, our daughter Candis, certain that Norman would turn up in some disguise, thought of a plan to turn the tables on him. She passed the word around to everyone that, when Norman came in, no matter what he was wearing or what he did, we were to ignore him. She said, "Just pretend you don't know him."

At eight o'clock, the doorbell rang. On the doorstep stood a beautifully dressed Sikh. A black, bushy beard, a mustache and eyebrows covered everything but his eyes. He had shoulder-length black hair. He wore a tall, silver turban, a handsome Indian jacket and puttees around his legs. He bowed, his palms pressed together in front of his face, in the Indian manner. In a small voice, he introduced himself as Dr. Singh from Lahore, Pakistan. I welcomed him and introduced him to the other guests. True to their instructions, they said nothing and turned their backs. The Sikh looked a little startled at the brush-off and stood alone, looking rather forlorn. I was beginning to feel sorry for him. Then the bell rang again. We opened the door to find another Sikh, an obvious twin of the first. He, too, bowed with his palms pressed together in front of his face. At that point, everyone screamed with laughter, because we couldn't tell which Sikh was Norman. Finally, the second Sikh introduced himself in an authentic, lilting Indian accent.

"I am Dr. Singh," he said. "My brother is also Dr. Singh. We have a clinic in Lahore—Singh-Singh Clinic. We are Sikhs. We treat sick Sikhs. In one week alone, we have treated 66 sick Sikhs. We have come to Beverly Hills to do research. We were told that Beverly Hills is the best place for us to get material for our study, which is on 'The Perils of Monogamy.'

"In Paris, when I told people I come from Lahore, they said, 'Please wash your hands!'

"Many people in France and here in Beverly Hills have asked me, 'Did you know Mahatma Gandhi?' I say to them, 'Yes, I knew Mahatma Gandhi. He was my idol. I used to

When Norman Cousins dresses up for a party, he prefers Sikh to chic, as evinced when two hairy gentlemen showed up at his house, each declaring himself to be an eminent doctor from the East. Obviously one of them was lying. Would the real Dr. Singh from Pakistan please step forward?

continued on page 103

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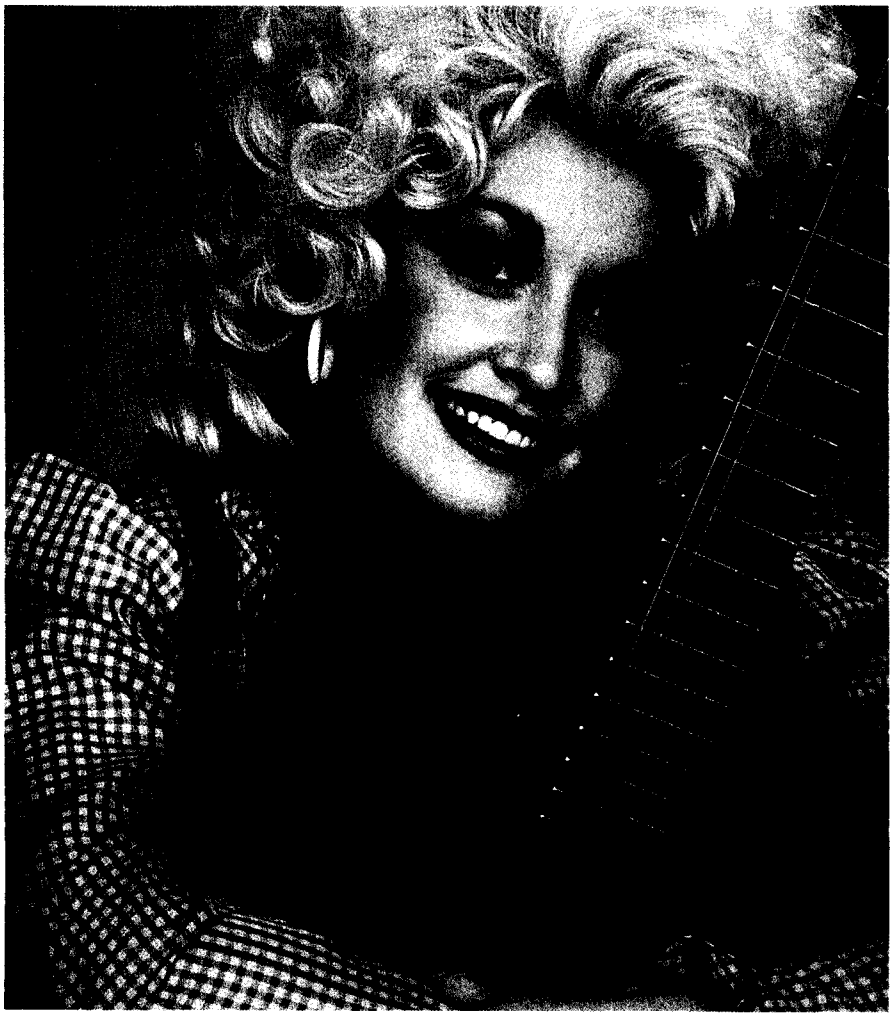

When it comes to making music, nobody knows better than Dolly Parton who the songs are really for.

Country. Bluegrass. Today's more sophisticated Nashville Sound. From the stage of the Grand Old Opry. In recording studios on Music Row. At clubs and lounges all over town. We're makin' music—just for you.

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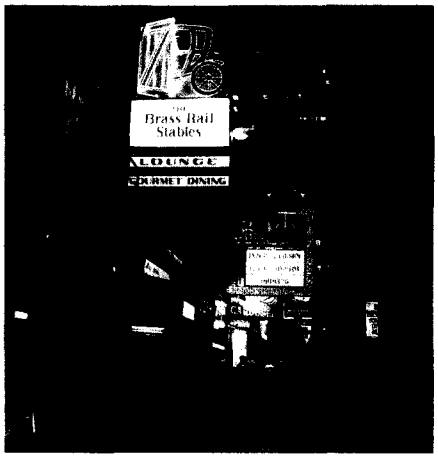

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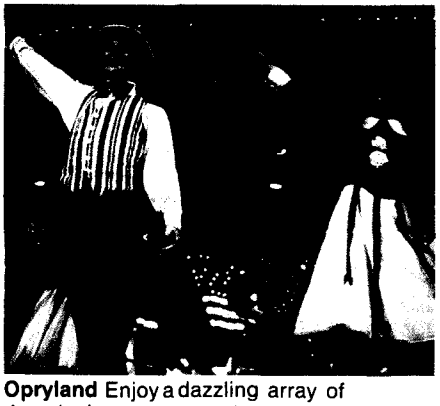

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This is the new Buick Electra.

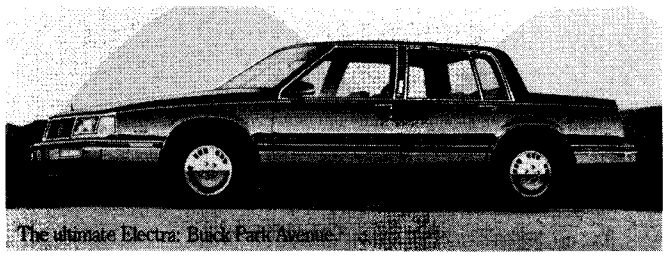
GARMISCH-PARTENKIRCHEN, Bavaria–In the quiet, scenic villages of the German Alps, the townspeople are not easily excited by an automobile. More important things, like skiing, usually take precedence.

This is also the heartland of a country with a long and proud heritage of fine automobiles. Here, automotive excellence is expected, rather than marveled at.

Yet, not long ago, the prototype of a new American automobile caused a minor stir among the local populace.

An American car quickening the German pulse? Yes. And a Buick, no less. A pre-production Buick Electra.

It is the forerunner of a whole new kind of Buick Electra. One that can turn heads and change minds, no matter which side of the Atlantic it happens to be on.



The ultimate Electra: Buick Park Avenue.

GERMAN SCRUTINY WAS ONLY ONE TEST WE PASSED.

Buick Electra is a name that has long been synonymous with automotive luxury. It will continue to be. But more on that in a moment. These are demanding times. Times that call for more than just luxury from a luxury car.

So we totally re-engineered Electra. We gave it a new computer-controlled engine–and an optional engine with one of the world's most sophisticated multi-port fuel injection systems. Plus standard front-wheel drive. Rack-and-pinion steering. MacPherson struts. And fully independent rear suspension. So it would respond to the driver like no Electra before.

We could think of no better backdrop for such a bold new concept than the oxygen-thin atmosphere, freezing cold, steep grades and sharp switchbacks of the Alps. If our new car could stand out in the heartland of automotive performance, it could handle Main Street, U.S.A., with genuine aplomb.

There was another excellent reason for bringing the new Electra to Germany. The multi-port fuel injection system was developed with the aid of the world-respected experts in fuel injection, Bosch, of Stuttgart. Since they pretty much wrote the book on the subject, we asked them to test the system in their labs. To tell us what they thought, no punches pulled. They confirmed our calibrations. And subjected it to demanding real-world scrutiny. They drove it through the Alps to see how it would adjust to differing altitudes. They ran it at speed down the no-speed-limit Autobahns. Not only did they confirm what we had done, they liked the way Electra performed.

FROM KANGAROOS TO KAPUSKASING.

Winning Germanic approval wasn't all we did in our testing. To test its ability to withstand extremes we ran the test Electra through the sustained 108° F temperatures of the Australian Outback as well as the sub-zero cold of Kapuskasing, Canada.

In short, we subjected Electra to some of the world's most demanding geographical environments. Because we wanted it to be ready for the ultimate geographic test: *yours*. Your kind of roads. Your kind of driving. You are the one Electra was designed to please.

MORE PERFORMANCE. BUT NO LESS BUICKNESS.

We mentioned that Buick Electra has always been a sumptuous, comfortable-riding automobile, with careful attention to detail. It is still such an automobile. Our refinements simply make it more of a pleasure to drive. A comfort on long trips. A car you absolutely must drive to appreciate.

The new Electra is trimmer, lighter, easy to park and maneuver. Yet its interior dimensions are within an inch or so of its predecessors. And the silky smooth Electra ride has been retained. So it can still transport six in luxury and comfort. After all, it *is* a Buick.

Its standard equipment includes a six-way power adjustment for the driver's seat. Plus a host of power assists, including an electrically operated fuel filler door. And the seats, per Buick tradition, are covered in elegant velour cloth. You don't just sit in an Electra–you are *ensconced* in it.

We also offer interesting optional equipment such as a keyless entry system for the driver's door. Electronic Touch Climate Control. And electrically controlled outside mirrors.

The new Electra is produced in one of the world's most sophisticated assembly plants with the aid of robots, lasers and computers. Such sophistication results in precise body panel fits and the mirror-like finish of the Electra paint, which gets two extra coats of clear enamel on top of the regular finish.

Our attention to such detail doesn't end at the factory. We've instituted a New Vehicle Inspection and Delivery procedure, in which you and your salesman go over a detailed inspection checklist before you accept delivery of your new Electra. That's because owning a Buick–any Buick–should be a special experience, right from day one.

ELECTRA HAS PASSED OUR TESTS. NOW IT'S TIME FOR YOURS.

Now that you've read about our own vigorous Electra testing, we'd like you to put it to yours. After all, you are the final judge. So buckle up and put the Electra to your own thorough road test. Then, please share your opinions with us. We've written a 20-page book and evaluation form to help you do so. It's free at your Buick dealer. And we honestly believe you're in for a pleasant surprise.

Official Car of the XXIIIrd Olympiad
Los Angeles 1984

Wouldn't you really rather have a Buick?

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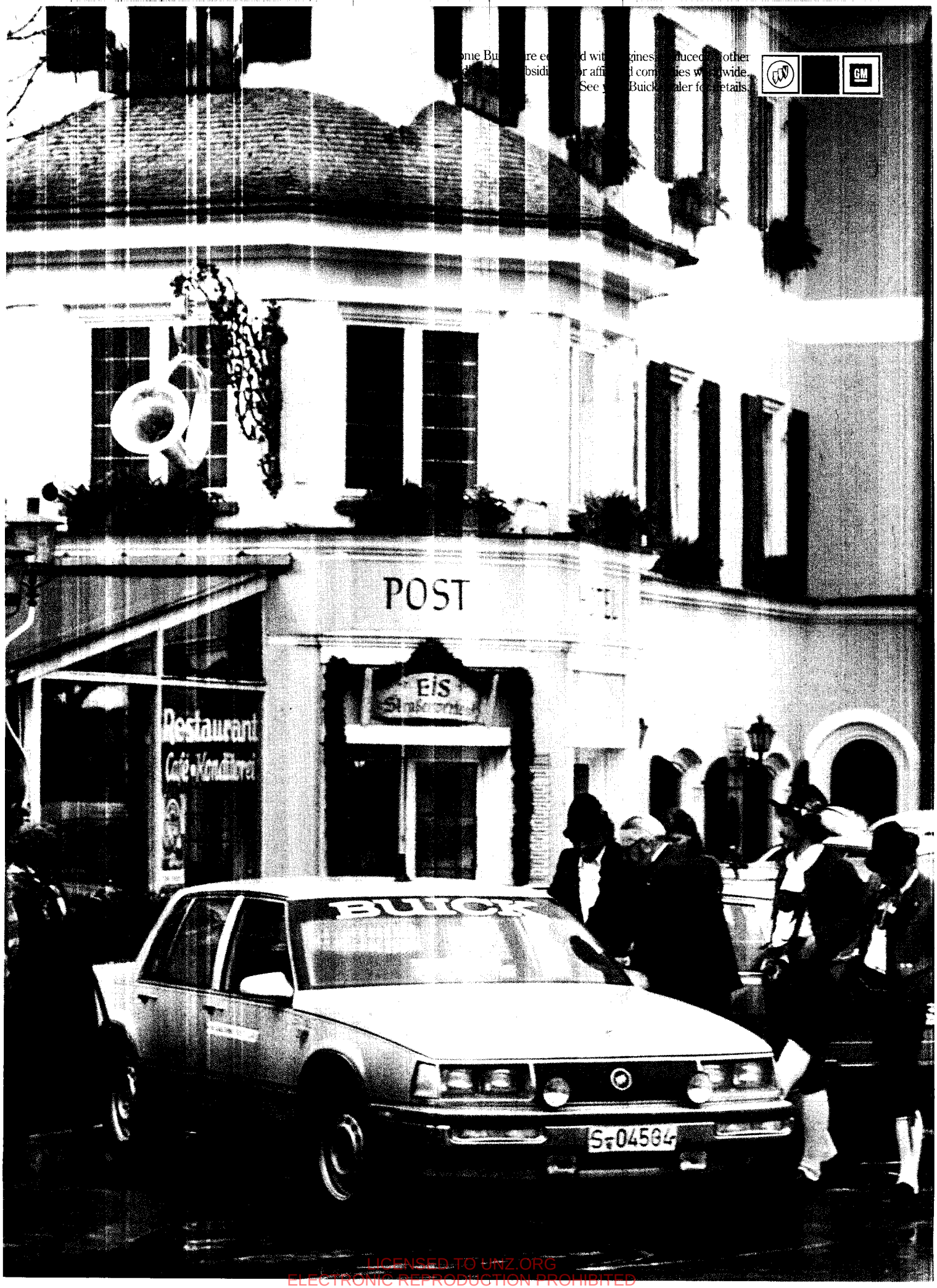

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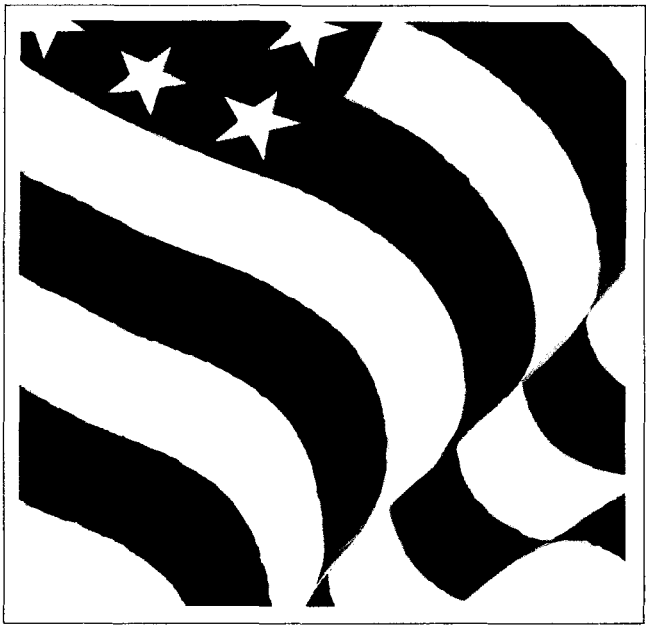
I AM THE AMERICAN FLAG

If Old Glory, with the wisdom of more than 200 years of United States history behind her, could speak, what might she say?

by Dr. Robert H. Schuller



I wish to speak to all members of my country who are anxious, fearful, angry, hurt and worried.

I will speak from the wisdom of a long life. I first felt the vigor of wind on my multicolored face when I unfurled my 13 stars more than 200 years ago. I looked down to see horses with their clattering hoofs pulling rattling carriages over cobblestone streets.

Since then I have looked up to see silver jets streak across blue skies. I have known 40 presidents. I have traveled from New York to San Francisco, from Chicago to New Orleans and across every sea. I have unfurled my pride on sailing ships, steamers and mighty vessels of armed power to bring peace and freedom to oppressed people of the world. I have traveled far, across continents, oceans, deserts and on the chilly snow-white tip of a mighty Saturn with its blazing engines to soar through the silent seas of space until I stood proudly on the gray surface of the shining moon.

I have lived long, traveled far, and I, the American flag, have something important to say to my country today.

I, the American flag, have seen much. So listen and listen hard.

I have earned the right to speak. The price paid for my freedom of speech is a price few remember or can comprehend. Most forget, but I still see in my memory those bright, beautiful young men who died for me at Pork Chop Hill, Bastogne, Normandy, Iwo Jima, Pearl Harbor, the Coral Sea, Okinawa, Corregidor and the Asian jungles half a world away. And when they died for me, I wrapped them in my love and draped my honor over their caskets in tropics, deserts and seas.

Those who died for my right to speak in freedom are buried in the Flanders Fields of Europe, the Punchbowl in Hawaii, in the outskirts of Manila, the Philippines and in many other places under the sun. I fly proudly over their green graves at all of these places, praying that wars might end forever. Never forgetting them, I rise every morning to watch, hour after hour, over the graves of our finest men whose years were short but whose service was longer than we can ever measure.

Yes, I, the American flag, have lived long, traveled far and endured much. A million lives and more were sacrificed to give me the right to speak.

Now I will break my long silence, and I shall speak. LISTEN!

I shall speak about my land, today and tomorrow, her tragedy and triumph, her sins and her glory.

I shall speak about my world, for my heart weeps for all nations, all men and women and little children of every race, creed and color.

I, the American flag, now speak!

I say, be proud of your country! There is so much about her that is beautiful, compassionate, tender, powerful, yet gentle. I have this week been in her places of learning, listening to children by the hundreds of thousands, yes millions, pledge their allegiance to me in their schoolrooms.

I have looked back into their faces, in Brownie, Cub Scout and Boy Scout meetings from east to west and north to south; in Little Leagues, Pony Leagues, minor leagues and to the major leagues where tens of thousands rose with respect as I made my gallant entrance.

Yes, I've been stained, torn, spit upon and defiled by my detractors for 200 years. Still . . .

I'm proud of my country. Yes, in spite of all her sins, and they are many, in spite of her shame, and she is not without her share of shame, I am still proud of America. Show me any other country that is stainless, spotless, sinless or shameless over whose people I could fly with greater honor. I'm proud to fly over my imperfect America. For I know of no other people who have been swifter to unselfishly spend billions of dollars sailing strange seas, soaring through unfamiliar skies, to rescue beleaguered, besieged people with skin colors, facial features, foreign religions that all seemed odd to the eyes of kids from Peoria, Illinois, and Sioux City, Iowa. But their hearts never noticed, for the young GIs saw them only as oppressed, tortured, fellow human beings who were hurting and crying for help.

So, our crew-cut American soldiers, with pluck, ploughed on through the mud, leaving a trail of their own blood behind as they liberated people they had never seen before and would never see again. And along the way they found time to deliver babies of primitive moth-

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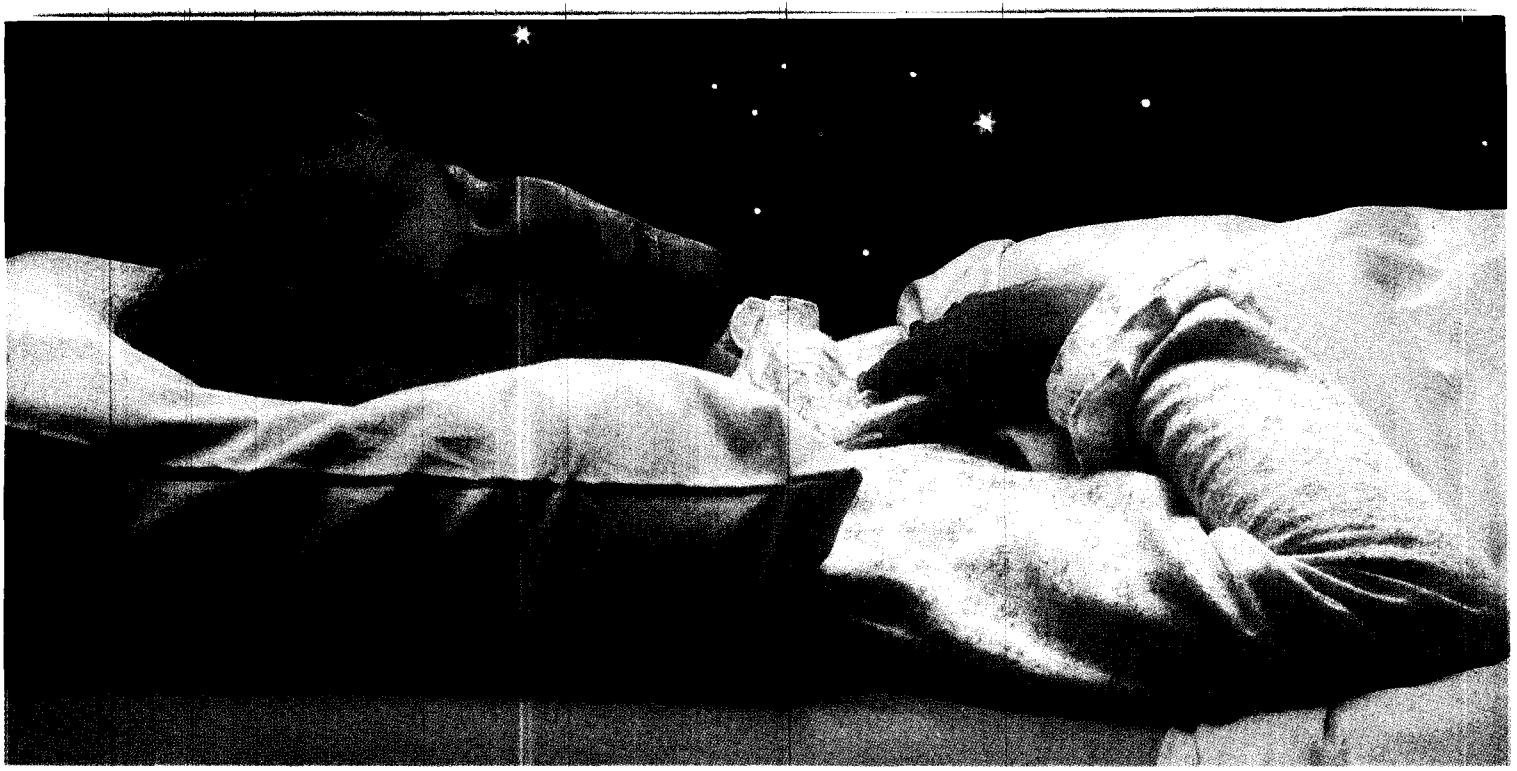


Introducing the NECK-PIL-O.™

The new shape of a good nights sleep.

Over 30 million Americans agree: going to sleep should not be a pain-in-the-neck.

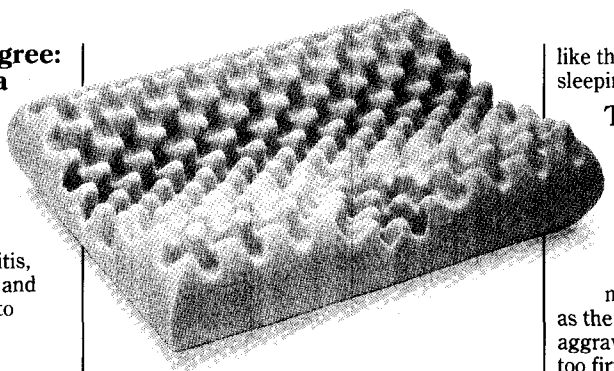
Yet the facts are painfully clear: most people with neck pain from any cause find it difficult to sleep soundly and comfortably. So consider this: if you suffer from the discomfort of neck pain, cervical discs, old whiplash injury, arthritis, neck and shoulder muscle spasms, arm and even some types of jaw pain—it's time to switch to the NECK-PIL-O.

More comfort, support and protection.

The NECK-PIL-O offers not only superior comfort and support for your head and neck but as you'll see, protection for your skin, too. By choosing one of the two different comfort levels provided by the NECK-PIL-O's patented design, you can be confident that your neck is supported in its natural, gently-curved contour—the way Mother Nature intended.

Anatomically correct sleep posture.

The NECK-PIL-O's anatomical "central groove" both stabilizes and supports your head, as well as your neck. This is important because your head weighs over 10 pounds and the NECK-PIL-O will keep your head and neck protected from abnormal positions such as twisting to one side while you sleep.



70% of people sleep on their side.

If you're one of them, and wake up with neck and shoulder pain from supporting your head with an arm—the NECK-PIL-O offers permanent relief because it effectively eliminates the cause of the suffering. Proper height and firmness help shape the NECK-PIL-O's exceptional level of comfort, to let you sleep on your side and wake up relaxed and well-rested.

No ordinary pillow comes close.

Run your hand across the surface of the NECK-PIL-O. You will feel dozens of tiny "hills and valleys." The NECK-PIL-O's "Sof-Skin," convoluted foam surface not only assures you of a comfortable night's sleep, it protects the circulation to your face and scalp. The result: no more wake-up creases or wrinkles like the ones you experience with ordinary sleeping pillows.

The NECK-PIL-O solution to sleep problems.

Because the most common cause of neck and shoulder pain is incorrect posture during sleep, over 80% of people studied with persistent or occasional neck pain reported an improvement with use of a cervical pillow such as the NECK-PIL-O. Ordinary pillows can aggravate neck pain if they are too soft—or too firm. The NECK-PIL-O provides the best possible alignment of your neck while you sleep.

Available only from the makers of NECK-PIL-O.

Order the NECK-PIL-O today and receive FREE the booklet "How the Cervical Pillow Provides Better Sleep and Circulation." The NECK-PIL-O is only $36.00, tax and shipping included. Comes standard size, with white, cotton zippered cover. It is easy to order, By phone, simply call TOLL FREE (800) 554-5541 from anywhere in the United States. By mail, send a check or money order with your name and address to:

The NECK-PIL-O, Department A, 1221 Andersen Drive, San Rafael, California 94901.

Your NECK-PIL-O will be shipped via UPS. Satisfaction guaranteed or your money back upon returning the NECK-PIL-O within 30 days.

NECK-PIL-O is a trademark of ProTechPacific, manufacturers of protective medical products.

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ers and to pass out chewing gum to children.

And with the peace they simply went home to Mom, asking no thanks and expecting no monuments, surely never aiming to conquer territory or to build a world empire!

I'm proud of my people's gifts to the world.

For 200 years, I've been packed in the trunks and suitcases of doctors, clergymen, missionaries and educators. Together we traveled to Africa, China, India, Japan and the uttermost parts of the earth to share the good life we were enjoying in America. Here these ambassadors built institutions that still stand today—hospitals, schools and churches!

Americans should be proud of our country!

For no country knows greater freedom than my country.

Freedom to each man, woman and child, to choose his life's work as doctor, lawyer, astronaut or agriculturist.

Freedom to travel from state to state without armed border guards demanding to see passports.

Freedom to try and succeed.

Freedom to fail and not be cast in prison for failure.

Freedom to speak, write, praise, question or criticize anyone, no matter how high his station or rank, and not fear a wiretap on the telephone or a knock at the door at night.

Freedom to save and build a fortune you may give away at the end of your life to your family, church or friends.

Freedom to worship or not to worship, as the mind and heart dictate.

Every Saturday I am found in Jewish temples where I hear the worshipers chant:

"Hear, O Israel: The Lord our God is one Lord."

And on Sunday in Roman Catholic churches I hear them repeat:

"Hail Mary, full of grace, the Lord is with thee."

And in Protestant churches I hear them sing:

"What a friend we have in Jesus, all our sins and griefs to bear."

Yes! I am the American Flag, proud of the opportunities in my country.

Freedom to borrow and build, to buy and sell, to make an honest profit in return for real service sincerely offered.

Freedom to start your own business and become a capitalist, to create dignified job opportunities for people who want to know the pride of honestly working to make a living.

"We're looking for someone who likes Mondays."

I am proud of the harvest of our land: corn, wheat, cotton, apples, nuts, cherries, oranges, pineapples. I see the harvest of my 50 states, and I am proud. Let's be proud of our country!

Look at the fruit of her hand, for out of her factories and laboratories an endless creation of new products flows forth:

—wonder drugs and vaccines to destroy forever ancient plagues that for centuries killed children and struck terror in hearts of mothers every time they felt a fever on their children's brows;

—tools to handle any task, to reach the moon, to move mountains or to penetrate and photograph the inside of a human heart;

—tools made of iron, tools made of plastic, tools made of diamonds, tools made of glass, tools made of tempered steel.

I am proud of my country; I say be proud that you're an American.

Be proud! Be confident! Be bold!

You can do anything that you want to do!

You can climb any mountain!

Possibilities? They're unlimited, except as you limit them with a cynical, bitter, negative attitude! Yes, when you see me flying in legislative halls, schools, courthouses and churches, listen to the rustle of my stars and stripes as I cry out to every boy and girl, every man and woman —"Dream your dreams! Dare to believe! You can make it in America!"

I am the American flag. I have a second word for you. Be humble!

Look now at the sins that still remain and settle for nothing less than a deep cleansing. I need not tell you what you are doing is wrong. Deep down in your heart you know it!

Be humble enough to know where your glory and greatness come from.

"Old Glory," I am called. What is my glory? My glory is the freedom that I give to every law-respecting man, woman and child.

But mark this and mark it well: Freedom depends on morality.

The Ten Commandments, the Sermon on the Mount and the Word of God are the foundation stones of time-tested morality. Remove these foundations and suffer future shock, loss of freedom! The American way of life is characterized by freedom that was made possible because the vast majority of our citizens were trusted as basically self-disciplined followers of the Ten Commandments. As such, morally committed persons, like children of good reputation, they could be trusted with great freedom. Should a majority of our citizens forsake the disciplines that come through moral commitment, then the society will no longer dare to trust itself with the greater liberties, as young people of questionable reputation are placed suspiciously under curfew and careful adult scrutiny, losing their freedom

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in their promiscuity.

So if my people depart from the virtues of God, they will find their freedom fading.

Be humble. The high cost of freedom is commitment to God and to the self-discipline that such a commitment, if sincere, will demand.

Be humble. Know that without God, my stars will be overclouded, my stripes will fade, my glory will depart and your freedoms will erode and die.

I, the American flag, have known glory and humiliation, too. I see men and women of high rank spending their billions on sensate pleasures; drugs, drinks and debasing pleasures.

Then I see them rise red-eyed to dress in clean clothes and pledge their allegiance to me without guilt or repentance. I want to cry out in shame, "Hypocrite! Arise! Cast out your sins!"

When I see the adultery, the lying and stealing and the sins, I remember a 19-year-old boy who came back from war with an empty sleeve, another with an empty trouser leg and another with a patch over a hollow in his head where once a bright eye sparkled. I think of these boys and a million others who died for my country's freedom, and when I see how some of you live, I wonder if it was worth it! Oh God! What a waste!

No, not a waste—a challenge to call all under my stars and stripes back to the religious virtues that made freedom possible.

I am the American Flag.
I am your flag.
I am the flag of freedom.

Say what you will, you cannot explain the courage, the faith or the toughness of this country without taking into account her churches, her temples and her Bibles. More than we know, the explanation of our national strength can be found in the words of One whose teachings have permeated the vast majority of American citizens for our first 200 years.

This spokesman for God, Jesus Christ, promised:

> *Therefore, whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, who built his house upon a rock. And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.*

I know that in some circles today, it is fashionable to discard all that has been held sacred: the Bible, the Ten Commandments, motherhood and marriage.

I warn you, you cannot have the fruit without the root, or you will only live like a cut flower lives. Forsake God's virtues and you cut yourself off from the deep springs from that have nourished spiritual faith and the courage that has made this country powerful and great. Sever and seal off these sweet springs of spiritual power with the asphalt paving of modern revisionism, and I warn you, your freedoms will suffocate and die.

Yes, the high price of freedom is faith in God. I ask you, are you a part of my country's problem? Become a part of my country's solution! Be proud. Be humble. Be renewed.

As I prepare to celebrate my 200th birthday, I have a prayer. Listen to it:

> *Our fathers' God to Thee, author of liberty, to Thee we sing.*
>
> *Long may our land be bright with freedom's holy light.*
>
> *Protect us by Thy might, great God, our King.*

And near the end of my first 200 years I have a dream:

As I dream of the next 100 years, I see our unquenchable, indestructible, imperishable spirit of human freedom spreading to the uttermost parts of the world. I dream of new doors opening, old walls falling and old ideologies fading away, until the prayer we have been singing for years comes true:

> *Not for this land alone, but be God's mercies shown, from shore to shore. And may the nations see, that men should brothers be, and form one family, the wide world o'er.*

I recall rising at dawn many a mornings to hear the trumpeter in camp rouse the slumbering to a new day with the urgent sounds of reveille.

We stand today on the threshold of a new era, a new age.

Rise up and make your country and your world great. ★

MEDICAL FILE

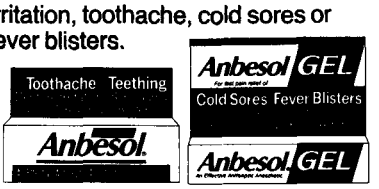
concise up-to-date information on effective treatment of common medical problems

HEADACHES. Take Maximum Strength Anacin-3® tablets or capsules. 65,000 physicians and dentists are dispensing samples of Anacin-3 to their patients. You can't buy a stronger pain reliever. And Anacin-3 (acetaminophen) contains no aspirin and no caffeine. So for maximum strength relief, take Anacin-3. Doctor-recommended, aspirin-free Anacin-3.

Doctor-recommended. Aspirin-free.

BACKACHE. When your back hurts, muscles can tighten up—cause tight knots of pain. But you can untie those knots. Momentum® Tablets have extra strength in every dose... plus an extra medicine ordinary pain relievers don't have. So untie those knots of pain backaches can cause... try Momentum. It's specially made for backaches.

DENTURES. Apply Anbesol® to sore, painful gums. Anbesol kills pain on contact. Its two anesthetics deaden pain immediately, soothe irritated nerve endings. Nothing short of a doctor's prescription gives faster relief of the discomfort of denture irritation, toothache, cold sores or fever blisters.



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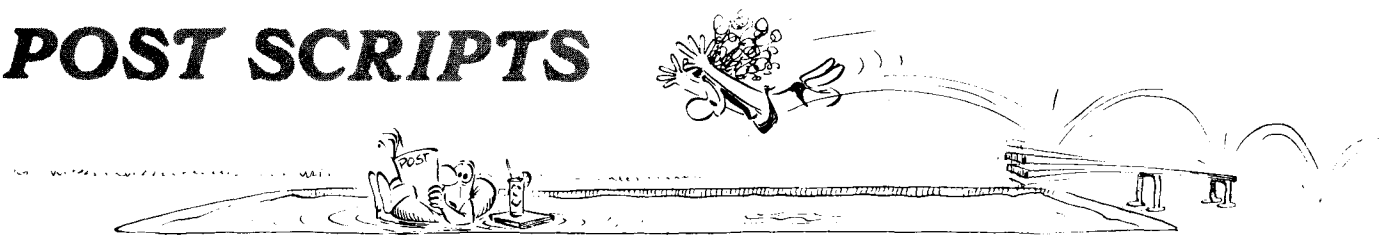


Heinrich Schnibble's Wordenbooke

Carnival Pitchman: Rantenspielenshouter.
Carnival Midway: Rantenspielenshouterhookencrookenstrasse.
Carnival Crowd: Rantenspielenshouterhookencrookenstrassedummkopfs.
Gambling Game: Rantenspielenshouterhookencrookenstrassedummkopfergetookenscheme.
Sheriff: Rantenspielenshouterhookencrookenstrassedummkopfergetookenschemerstoppenhalter.

Cat: Spittenscratchers.
Tomcat: Spittenscratchenyowlenprowler.
Neighbor: Spittenscratchenyowlenprowlerhatenbootengeflingenoathencurser.

Summer: Hottischerheatenseason.
Vacation: Hottischerheatenseasonoffengetooten.
Vacationers: Hottischerheatenseasonoffengetootenfolkers.
Foreign Tour: Hottischerheatenseasonoffengetootenfolkersteepischercostentrip.
Travel Agent: Hottischerheatenseasonoffengetootenfolkersteepischercostentripgeplottenschemer.

Beach Visitors: Saltischerwasserplatzerburnenpeelers.
Beach Cottage: Saltischerwasserplatzerburnenpeelersleepenhaus.
Beach Cottage Shower: Saltischerwasserplatzerburnenpeelersleepenhausencoldischerdribblentrickler.
Life Guard: Saltischerwasserplatzerburnenpeelenfrauleingethrillenpuffenstrutter.

—Dave Morrah

The Specialists

My 2-year-old swallowed some coins
And suffered prolonged distress.
The doctors couldn't extract them.
So I took him to the IRS.

—Bill Ihlenfeldt

Child Psychology

The summer-camp counselor was having a tough time with one of the new arrivals. "Remember, Johnny, we want you to be happy here. So if there's something you want that we don't have, just tell me and I'll show you how to get along without it."

—A.H. Berzen

A Shocking Experience

Hear about the guy who took his car to the shop for four shocks and ended up with five?

—William L. Kreifeldt

Modern Ms.

To get a man's pay in a bygone day,
She had to marry the slob.
She now gets his pay an easier way—
She steps in and takes his job.

—Lloyd Byers

Sixty—and Counting

When the new employee was told he might have to work longer hours than normal, he asked the manager: "How many minutes are in the longer hours?"

—Claire Puneky

Good Day to a Good Day

Like grease to a wheel,
Like steak to a meal,
A word from the heart
Can set the day apart.

A "Hi there," a squeeze,
A "Thank you," a "Please,"
"I love you"—"Can I help?"
Wonderful aids to the step.

But I would eschew
Words that don't ring true,
Such as (I'm sorry to say)
"Have a nice day."

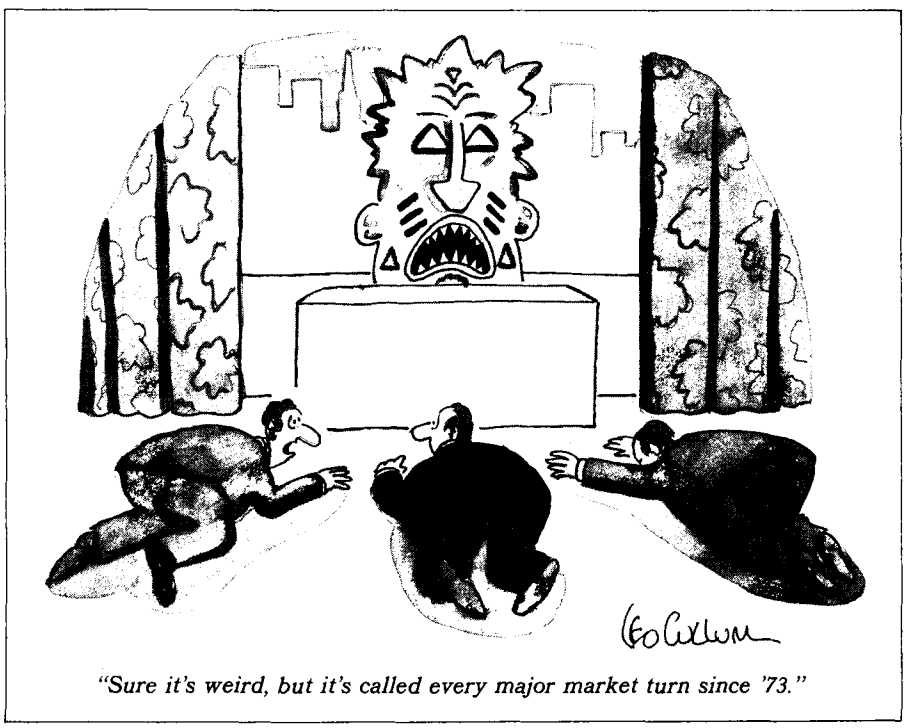
—Rachel Hill

The Debtor's Prayer

Now, Lord, I know very well,
  You are not a servant to me,
And I haven't been, I know,
  A very good servant to Thee.

But, if a Rapture you are planning,
  It would a fine gratuity be,
If you could have it just before
  My creditors get to me.

—Harvey Holman



"Sure it's weird, but it's called every major market turn since '73."

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Chalk One Up

Young boy facing his father after a day at school: "The teacher says we are here to help others—what are the others here for?"

—Eliza Louisa Dawson

Horse Sense

"Sarge," the rookie policeman said, scratching his head, "I need to spell Schenectady."

"Then you've got a problem, son."

"How about Mississippi?"

"Look it up," the sergeant suggested.

"The dictionary, maps and street directory are packed away for the move."

"What do you need the spelling for?"

"My report. I found a dead horse at the corner of Mississippi and Schenectady."

Suddenly the young policeman rose and walked eagerly toward the door.

"Where are you going?" asked the sergeant.

"I'm going to drag that horse over to Troy and Main," he said.

—James Curnane

Chickened Out

A young bride was talking to her husband. "On Monday we had chicken and you said it was your favorite food. On Tuesday we had chicken and you said you liked it very much. On Wednesday we had chicken and you still liked it. Now it's Thursday and we have chicken and you say you don't like chicken. What's the matter with you?"

—Sylvia Newlin

Bridgework?

A pessimist burns his bridges
And holds a requiem
Long before he even
Comes to them!

—Ruth M. Walsh

On Reflection

An inebriated husband tip-toed into the house. He patched up the scars of the night's brawl with adhesive tape before climbing into bed, snug in the thought that he had put one over on his wife. The first thing he saw in the morning was his angry wife standing over the bed. "You were drunk last night," she hissed, her eyes blazing.

"No, dear. I was nothing of the kind!"

"Well if you weren't, who put all the adhesive tape on the bathroom mirror?"

—G.G. Crabtree

Steer(ing) Extra

A farmer shopped around for a new pickup truck and became thoroughly disenchanted with the pricing system, what with all the talk about optional equipment and "extras." But he settled on his purchase. A few days later the dealer who had sold him his new pickup arrived at the farm to buy a cow for his small acreage. The farmer quickly sized up the situation and wrote this itemized bill:

Basic cow—$2,000
Two-toned exterior—$45
Extra stomach—$75
Product storage compartment—$60
Dispensing device (4 spigots at $10 each)—$40
Genuine cowhide upholstery—$125
Automatic fly swatter—$35
Dual horns—$15
Total (exclusive of tax and delivery)—$2,395

—Dorothy Hofbauer

Gripping Suspense

A young machinist moved to the country for his health and got a job with the blacksmith in a small town. One day when the smith was out, a farmer came in, looked the ex-city boy over and asked, "Can you shoe a horse?"

The young fellow allowed that he could, so the farmer left his horse and did some errands around town.

"What's the idea?" he demanded in amazement when he returned. "The job of shoeing is all right, but why is my horse on his back, with all four feet straight up in the air?"

"Search me," answered the machinist. "He's been that way ever since I took him out of the vise."

—Henry E. Leabo

United We Stand! De-videoed We Fall!

We Americans say
That the price we must pay
For a program in space is too much.
And we further contend
That we should not expend
Any money on rockets and such.
But if outer-space forces
Attack, that, of course, is
A different kettle of beans.
Then, we'll spend all we've got;
Pour it right down the slot
In the front of the Pac-Man machines!

—Bill Schaffstall

Missed Mass Transit

A bus is a machine that runs twice as fast when you run after it than when you ride in it.

—Rose Sands

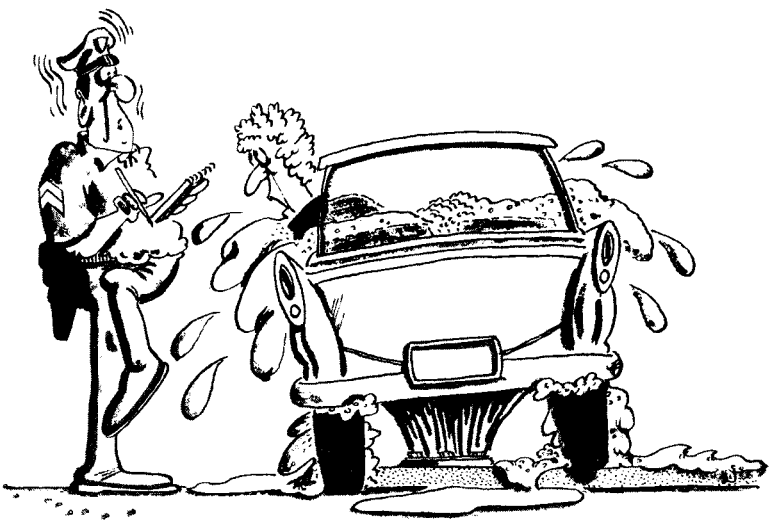
Spirited Response

At the station, a drunk demanded to know why he was brought in.

"For drinking," the cop said.

"That's different," the drunk responded. "When do we start?"

—Lane Olinghouse



"What fire hydrant, Officer?"

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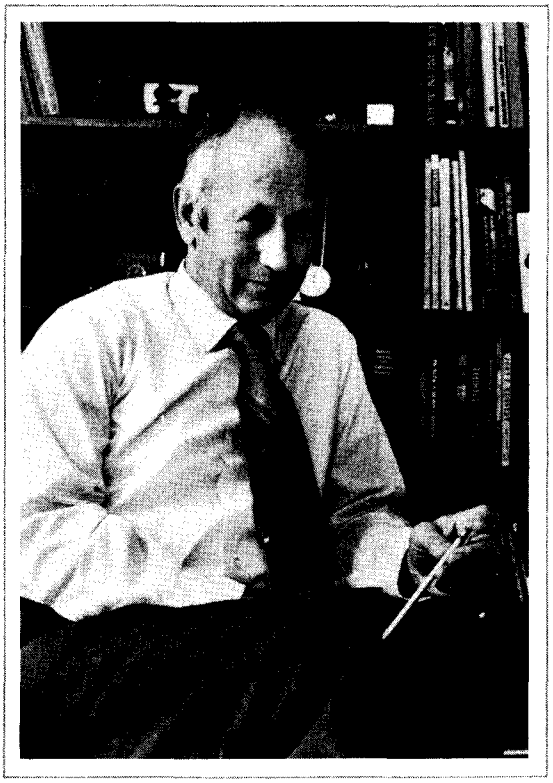
SMOKE ALARM

Surveys indicate that many people are fearsomely ill informed about the grave consequences of cigarette smoking.

by Norman Cousins

Part II: The health risks of smoking, whether from conventional cigarettes or from low-tar, low-nicotine cigarettes, are *not* confined to smokers. People exposed to cigarette smoke, whatever the source, are vulnerable to smoke from two sources: mainstream smoke, which the smoker inhales and then spews out; and sidestream smoke, which wafts up from the burning end of the cigarette. Nonsmokers have to breathe sidestream smoke continually. This smoke, which does not pass through a filter, is burdened with twice the tar and nicotine, 50 times the ammonia and substantially more cancer-causing substances, like nitrosamines, than mainstream smoke. Researchers have found that nonsmokers spending one hour in a smoky room take in as much of these dangerous substances as they would if they smoked 35 filter-tipped cigarettes. Even in a ventilated room, a nonsmoker sitting next to a smoker is exposed to air with twice the level of carbon monoxide than the Federal Air Quality Standards allow for industry.



Norman Cousins, author, educator and former editor of *Saturday Review*, overcame a heart attack without surgery by laughing his way back to health. But he finds smoking no laughing matter.

Medical studies are beginning to reflect these dangerous situations. One 14-year project in Japan, published in the *British Medical Journal*, found that nonsmoking women married to heavy smokers had twice the death rate from lung cancer as nonsmoking women married to nonsmoking men. A Harvard study showed that children of smoking parents have diminished lung capacity compared to the children of nonsmokers. Another study concluded that these children also suffer more bronchial ailments. Finally, a study in the *New England Journal of Medicine* disclosed that lung damage was nearly equivalent in nonsmokers who work in a smoky environment and smokers who inhale one to ten cigarettes each day. "Chronic exposure to tobacco smoke in the work environment is deleterious to the nonsmoker," the researchers concluded, causing a "measurable loss in breathing capacity."

Such findings support the understandable distress of one physician who recently lamented: "Why do we agonize over substances like saccharin when we supinely allow our indoor environment to be filled with some carcinogens that are 50,000 times more potent than saccharin? Why do we enact clean-air legislation only for the outside when we spend 90 percent of our time indoors?"

Tobacco is the country's fifth-largest cash crop. The industry's revenues compare with those of the aerospace and electrical-equipment fields; consumers spend about the same amount of money on cigarettes that they invest in radios, televisions, records and musical instruments combined. Excise taxes alone on tobacco add about $6 billion annually to state and federal coffers.

About 500,000 farm families are dependent on the continued success of this industry. Aside from the amount the industry spends on its own lobby, tobacco interests contributed up to $1 million to members of Congress from 1978 to 1982.

Throughout the century, Congress has not been particularly enthusiastic about measures to safeguard the health of smokers. As far back as 1906, Congress declared that tobacco is neither a drug nor a food and thus prohibited the Food and Drug Administration from taking any actions that might limit sales. Despite lawsuits challenging the decision, this prohibition is still in effect. In the Federal Cigarette Labeling and Advertising Act, Congress claimed sole authority to decide whether more health disclosures should be made on cigarette packages—the consequence being that none have been added. Congress has also prevented the Consumer Products Safety Commission and the Environmental Protection Agency from regulating the tobacco industry. It has exempted tobacco from the Toxic Substances Act. Arsenic, DDT and other unknown dangerous substances in cigarettes have not been included in the label notice on cigarette packages. In one year, 1980, 21 bills to control the tobacco industry were introduced. One by one, they were defeated.

Despite the absence of cigarette advertising on television and radio, the tobacco industry has not been at a disadvantage promoting its products. Each year, Americans are be-

continued on following page

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Sponsor a Child for Only $10 a Month.

At last! Here is a $10 sponsorship program for Americans who are unable to send $16, $18, or $22 a month to help a needy child.

And yet, this is a full sponsorship program because for $10 a month you will receive:

...a photograph of the child you are helping.

...a special sponsorship folder with the case history of the child.

...a description of the country where your child lives.

...a quarterly progress report about your child's community from the field worker.

And you will receive at least two personal letters a year from your child.

All this for only $10 a month?

Yes—because the Holy Land Christian Mission International believes that many Americans would like to help a needy child. And so we searched for ways to reduce the cost—without reducing the help that goes to the child you sponsor.

For example, unlike some of the other organizations, your child does not write each month, but two letters a year from your child keeps you in contact and, of course, you can write to the child just as often as you wish.

Also, to keep down administrative costs, we do not offer the so-called "trial child" that the other organizations mail to prospective sponsors before the sponsors send any money.

We do not feel that it is fair to the child for a sponsor to decide whether or not to help a child based on a child's photograph or the case history.

Every child who comes to Mission International for help is equally needy!

And to minimize overseas costs, our field workers are citizens of the countries where they serve. Many volunteer their time, working directly with families, orphanages, and schools.

You can make a difference!

$10 a month may not seem like much help to many Americans, but to a poor family living on an income of $1.50 or $2.00 a day, your sponsorship can help make all the difference in the world.

Will you sponsor a child? Your $10 a month will help provide so much:

...emergency food, clothing and medical care.

...a chance to attend school.

...help for the child's family and community, with counseling on housing, agriculture, nutrition, and other vital areas to help them become self-sufficient.

A child needs your love!

Here is how you can sponsor a child for only $10 a month immediately:

1. Fill out the coupon and tell us if you want to sponsor a boy or a girl, and check the country of your choice.
2. Or mark the "emergency list" box and we will assign a child to you that most urgently needs to have a sponsor.
3. Send your $10 in right now and this will eliminate the cost of a "trial child."

Then, in just a few days you will receive your child's name, photograph, and case history.

May we hear from you? We believe that our sponsorship program protects the dignity of the child and the family and at the same time provides Americans with a positive and beautiful way to help a needy youngster.

3-year-old Michelle was abandoned by her father. Soon after, her mother was forced to leave her in order to find work. She now lives with her grandmother in a hut with dirt floors and a grass roof.

K2S

Holy Land Christian **Mission International**
Attn: Joseph Gripkey, President
2000 East Red Bridge Road
Box 55, Kansas City, Missouri 64141

☐ Yes, I wish to sponsor a child. Enclosed is my first payment of $10. Please assign me a ☐ Boy ☐ Girl
Country preference: ☐ India ☐ The Philippines ☐ Chile ☐ Honduras ☐ Colombia ☐ Guatemala ☐ Thailand ☐ Africa ☐ The Holy Land ☐ Dominican Republic

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of _____.

NAME_____

ADDRESS_____

CITY_____

STATE_____ ZIP_____

Registered: U.S.A.I.D. Advisory Committee on Voluntary Foreign Aid. Charter Member: Evangelical Council for Financial Accountability. Our annual financial report is readily available upon request. Please make your check payable to Mission International. Your sponsorship gifts are tax deductible.

Holy Land Christian
Mission International

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sieged with about $1 *billion* worth of print advertising, billboards and promotion gimmicks. Indeed, no other American product benefits from more advertising dollars. The legal dikes built against this glut of antihealth propaganda consist of a few rules: Tobacco advertising must contain the brief and general health warning; it must reveal tar and nicotine levels; it cannot appear in youth media or use themes attractive to young people; and, of course, like all advertisements, the messages must not be unfair or deceptive.

Given the grave dangers of smoking, associating cigarettes with good health and athletics is deceptive. Yet sports competitions are frequently sponsored by tobacco companies; advertisements feature healthy young people swimming, playing tennis, bicycling, boating, skating and engaging in other sports. Ads have also featured beautiful models in sports clothes; the captions indicate that, having considered the health dangers, the beauties switched to a particular low-tar brand.

Sanctions against youth-targeted advertising are even more flagrantly violated. One hundred thousand children under 12 smoke. More than three-quarters of the Americans who smoke began as children. The special threat here is that smoking damage is cumulative; the younger a person begins, the greater the chances his or her health—or life—will be affected by the grim statistics.

The industry insists that children smoke not because of tobacco advertising but because of peer pressure and a "general rebelliousness." But Emerson Foote, who left his position as head of a large advertising corporation because of this precise issue, regards this argument as absurd. The five most heavily promoted cigarette brands are those most smoked by teen-agers. Winston cigarettes are advertised as the product of choice for people whose tastes have "grown up." A CBS newsman in Chicago located this confidential memo on Viceroy's advertising strategy: "For the young smoker. . .a cigarette falls into the same category with wine, beer. . .or wearing a bra. . .An attempt should be made to present the cigarette as an initiation into the adult world. . .to present the cigarette as. . .an illicit pleasure. . .to relate the cigarette to pot, wine, beer, sex. Do not communicate. . .health-related points."

The cigarette industry *costs* the nation about $27 billion for medical care (estimated by the American Cancer Society); $40.4 million for government research and health education; $25 billion in lost productivity due to lost time from smoking-related illnesses; and a substantial amount lost to the gross national product by premature deaths.

Nor do the costs to the country end there. Cigarettes cause 74,000 fires a year, in which 2,000 people die and 6,000 are burned. Aside from the medical costs incurred, the fires add $210 million to property damages alone. Cigarette-caused fires have increased insurance rates —and thus affected inflation—by 25 to 35 percent.

The tobacco industry's current strategy is to discredit its critics, labeling them "fumaphobes"—people who have an "extreme fear" of cigarette smoke. It makes a big point of "freedom of choice" for the smoker.

On the surface, the argument that government should not attempt to legislate our personal habits is compelling. But our freedom to do as we please has always been limited by our freedom to live in a safe society. Because spitting can spread tuberculosis, we are encouraged not to spit in public places. We are not free to start gunfights. We should not be free to endanger heart and lung patients, children and other nonsmokers by blowing carbon monoxide and other noxious compounds in their faces.

Similarly, the industry's claim that the health hazards are not proved—that they are based only on "statistics"—is itself a fundamental deception, because almost all medical progress is based on "statistics." A drug, for example, is deemed effective if it helps more than 35 percent of the people to whom it is administered. Epidemiology, the study of the population trends of disease rather than its biological causes, is singularly responsible for many of modern society's great advances, such as the elimination of scurvy. The difference between the historian and the epidemiologist is that the historian says we are doomed to repeat our mistakes; the epidemiologist wants us to learn from them.

What, then, can individually concerned citizens do? As voters, we can:

* Work for the continued funding of the Office on Smoking and Health, which computerizes research findings on health hazards, makes them available to physicians and scientists and publishes the surgeon general's reports;

* Urge federal agencies, such as the National Cancer Institute, to devote more of their budgets to the antismoking campaign;

* Demand that at least one federal agency be responsible for full disclosure of all cigarette contents and for regulating them;

* Demand that cigarette advertising no longer be directed to children and that the glamorizing of cigarette smoking be discontinued;

* Ask that the tobacco price-support program be phased out. Be-

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HOW TO HELP A LITTLE GIRL MAKE IT ALL THE WAY TO 7.

It wasn't long ago that if little Kamala Rama drank the water in her village she would have taken her life in her hands.

Today, thanks to Save the Children, she can have clean water to wash with, and fresh water for her mother to cook with.

And she can do something else that was once unheard of in her village for a little girl.

She can go to school. Even go past the fifth grade.

When you first sponsor a child through Save the Children, you have no idea how much just $16 a month can do.

By combining your funds with other sponsors', we're helping families, even entire communities, do so much. The result is that children are now getting things they didn't always have:

Better food. Clean drinking water. Decent housing. Medical care. A chance to go to school.

In fact, for over 50 years, Save the Children has been working little life-saving miracles here in America and around the world.

And the wonderful feeling of sponsoring a child comes to only 52¢ a day. The cost of a cup of coffee.

What's more, you'll get a photo of the child you sponsor, a personal history, progress reports and a chance to correspond, if you'd like.

Please, won't you help. Send in the coupon today.

There are still so many children who need the chance Kamala Rama got.

The chance to make it to 7.

Gary Shaye

Because 50 years of experience has taught us that direct handouts are the least effective way of helping children, your sponsorship contributions are not distributed in this way. Instead, they are used to help children in the most effective way possible—by helping the entire community with projects and services, such as health care, education, food production and nutrition.

Established 1932. The original child sponsorship agency. Your sponsorship payments and contributions are U.S. income tax deductible. We are indeed proud of our use of funds. Based on last year's audit, an exceptionally large percentage of each dollar spent was used for program services and direct aid to children and their communities. Our annual summary with financial statement is available upon request.

☐ Yes, I would like to sponsor a child. My first monthly sponsorship payment of $16 is enclosed. I prefer to sponsor a ☐ boy ☐ girl ☐ either in the area I've checked below.

- ☐ Where the need is greatest
- ☐ Africa
- ☐ American Indian
- ☐ Appalachia (U.S.)
- ☐ Bangladesh
- ☐ Chicano (U.S.)
- ☐ Colombia
- ☐ Dominican Republic
- ☐ Honduras
- ☐ Indonesia
- ☐ Inner Cities (U.S.)
- ☐ Israel
- ☐ Lebanon
- ☐ Mexico
- ☐ Nepal
- ☐ Philippines
- ☐ Southern States (U.S.)
- ☐ Sri Lanka
- ☐ Thailand

Mail to: Save the Children
50 Wilton Road, Westport, Connecticut 06880
Attn: David L. Guyer, President

Name_____
(Please print)

Address_____

City_____

State_____ Zip_____

SEP 7/4

☐ Instead of becoming a sponsor at this time, I am enclosing a contribution of

$_____.

☐ Please send me more information.

Save the Children®

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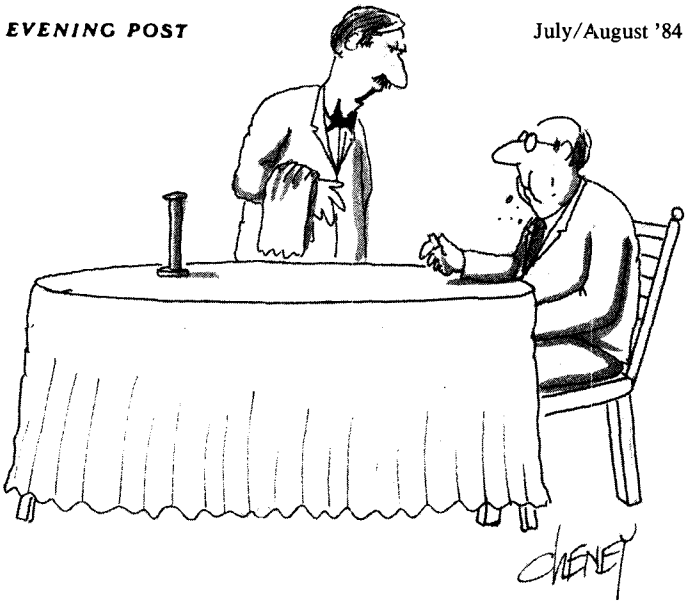
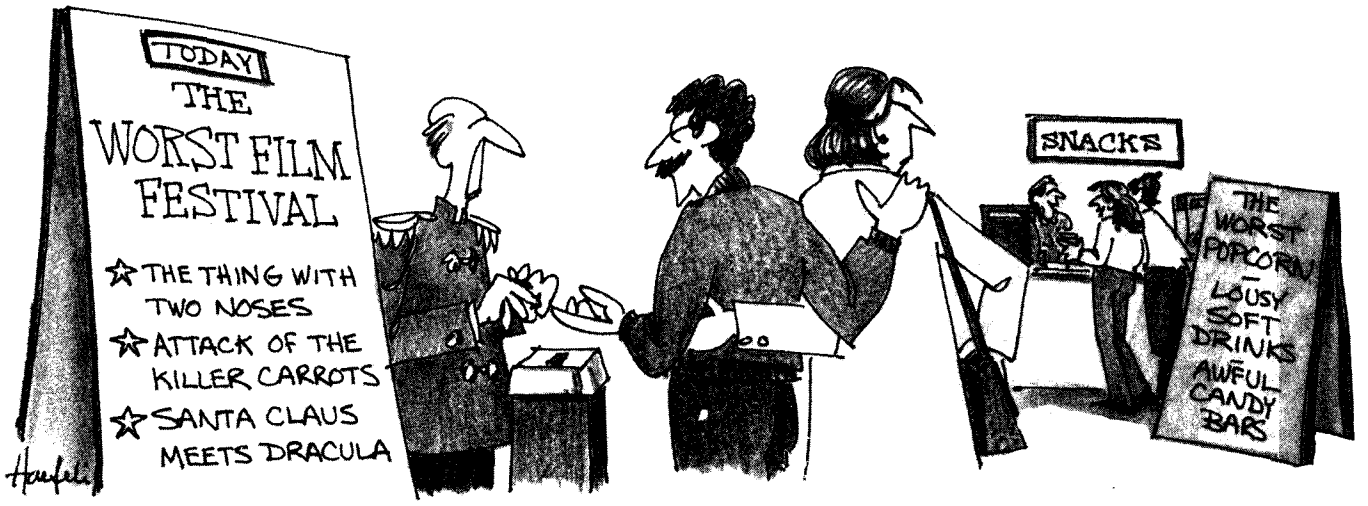
FOOD FOR THOUGHT



"Your dinner will be along shortly, sir. . .in the meantime, would you care for another candle?"

"I don't understand your argument 'guns or butter'! Cholesterol kills more people every year than bullets."

"My wife baked them. The brown spots are chocolate and the yellow spots are valium."



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cause no other crop would be as lucrative for farmers, it would be cheaper for the American public to pay them *not* to grow tobacco—the precedent for subsidizing farmers not to grow certain crops is well established;

* Support research on the hazards to nonsmokers and to those who, like asbestos workers, are in substantial danger because of synergistic effects;

* Support legislation, originally introduced by Senator Cranston of California, that requires self-extinguishing cigarettes in order to reduce fire hazards;

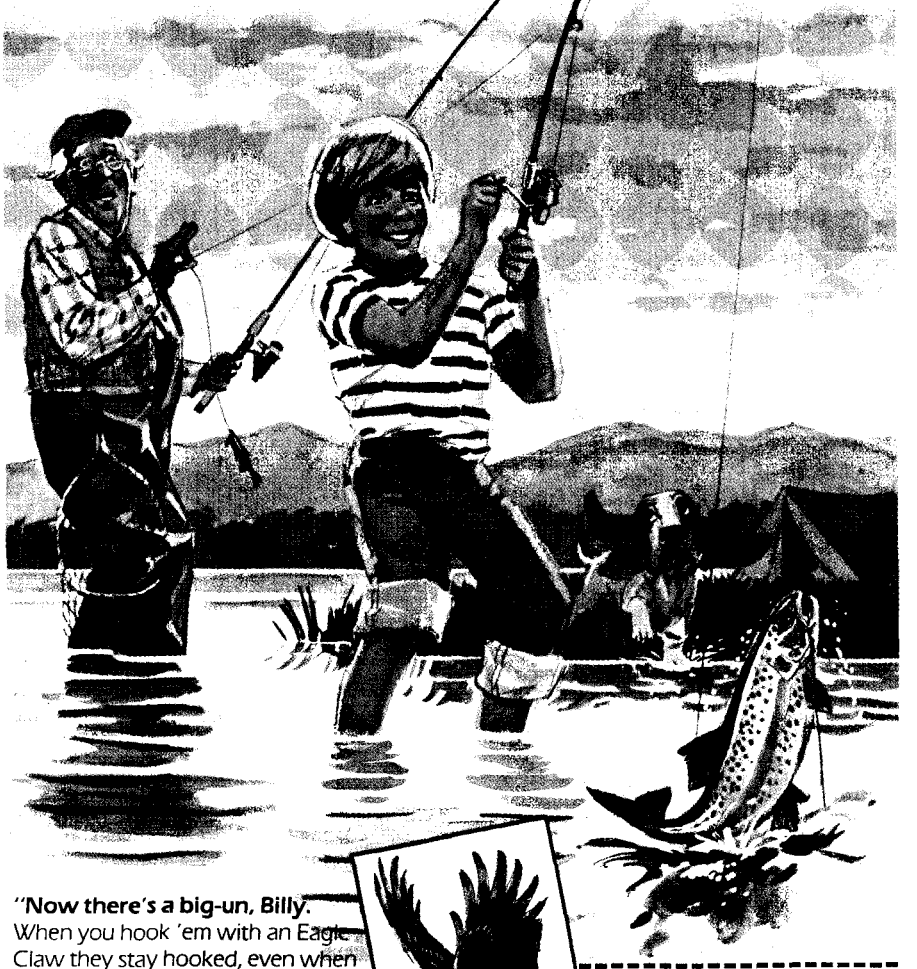
* Support legislation such as that introduced by Senators Packwood and Hatch in the early '80s requiring not only that additives be revealed but that packages carry rotational warnings, which would change every three months and carry more specifics about health hazards.

Americans can encourage our physicians as well as our government to fight smoking. Studies show that the more actively a physician intervenes (talking seriously to a patient, telling the patient he will follow up on his or her attempt to stop smoking), the greater the patient's chances are for quitting. The National Cancer Institute, along with several other organizations, offers physician's kits to help patients quit. Hospitals should, of course, immediately cease selling cigarettes in their gift shops.

Researchers at the University of California, Los Angeles, have found that a protein in the tobacco leaf has great nutritional value. An acre of tobacco would yield four times the protein of an equivalent plot of soybeans. Scientists believe that the substance could be beneficial to infants allergic to cow or soy milk products or as a protein source for patients with kidney diseases requiring controlled mineral intake. Other sources say that, at the moment, the refining process is so complicated that soybeans remain the preferred protein crop. Still, the prospects are so substantial that others urge further research.

Time and again in the life of our nation, supposedly inexorable forces have been reversed by people acting out of convictions and positive goals. We must never underestimate our ability to bring about changes essential to human interest.

AN AMERICAN TRADITION



"Now there's a big-un, Billy." When you hook 'em with an Eagle Claw they stay hooked, even when they break water like your fish did."

Fishing with Eagle Claw gives you quality you can count on every time you cast. It's American craftsmanship at its best in rods, reels and hooks that have been favored by fishing families for three generations.

Yes! Send me an Eagle Claw Poster / Hook Chart and a gold-plated Good Luck Hook. Enclosed is $2.00 for postage and handling.

NAME

ADDRESS

CITY STATE ZIP

Send to:

Eagle Claw
P. O. Box 16011, Dept. ST
Denver, CO 80216-0011

EAGLE CLAW®

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BASSING: HOOK LINE AND SINKER

There's more to the lure of bass fishing than relaxation and enjoyment; for the fisherman who reels in a record catch, big money hangs in the balance.

by Tom Henschel

Never in the history of fishing has there been a price on the head of a fish to equal the reward an angler would reap for catching the world-record largemouth bass today. By all knowledgeable estimates, the fortunate fisherman who breaks the existing, longstanding record could become a millionaire overnight.

The current record of 22 pounds, 4 ounces—monstrous by bass'n standards—was set more than a half century ago by George Perry, then 19 years old. Perry, fishing from a homemade 14-foot boat in the backwaters of a Georgia river, received a grand total of $75 in merchandise as the prize for his prize catch.

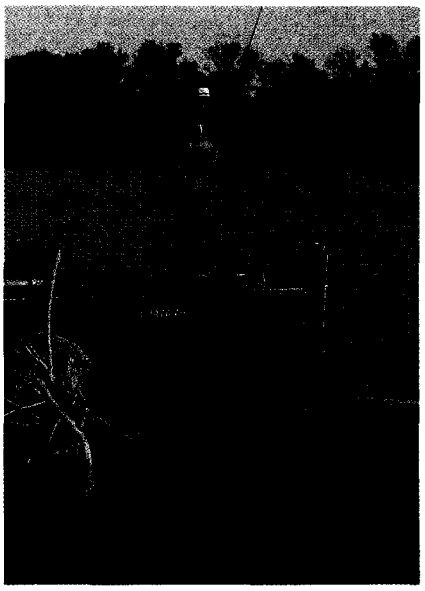
Things have definitely changed. With six-figure cash prizes possible, as well as income from advertising endorsements, personal appearances and speaking engagements, a life of fortune and fame awaits today's bass-fishing record-setter.

A number of anglers claim to have caught this much-sought-after, record-breaking bass during the past several years. In one instance, a Florida angler and his family reportedly ate what could have been the record bass. The fisherman failed to properly document the fish as a record catch and, consequently, ended up with only a fish tale and possibly the most expensive fish dinner of all time.

That the world's record has not been broken in more than 50 years is something of a puzzle to many bass-fishing enthusiasts. The two states most favored for producing this evasive bass are Florida and California. (Florida bass have been stocked in California waters, where they have reached trophy proportions in a short time.) Biologists and other experts, while skin diving, have reported observing bass exceeding 22 pounds while skin diving, or when electrically shocking waters to stun fish temporarily for population counts.

In 1980, an angler in California landed the second-heaviest bass caught in the United States, a fish weighing in at 21 pounds, 3-1/5 ounces. There's evidence that a new world-record bass exists, but the fish has proved to be as elusive to anglers as the Loch Ness monster has been to zoologists.

It's even more amazing that this record remains unbroken when you consider that approximately 65 million fishing licenses were sold in the United States in 1982. The largemouth bass, also called the black bass, is the most widely sought freshwater game-fish species. The highly pugnacious fighter, found in every state as well as Mexico and Central America, is the target of millions of anglers. And the ranks of bass-fishing anglers are increasing at a rate only exceeded by such personal sportspersons as joggers.



One of the 11,000 members of B.A.S.S. (above) tries to break the 50-year-old largemouth record of 22 pounds, 4 ounces. (Opposite) Fishermen prepare for an early a.m. start.

The serious modern-day bass fisherman is a remote cousin to his angling counterpart of 50 years ago. A fully rigged bass boat today could set the fisherman back $15,000 or more. Boats capable of carrying anglers off at speeds in excess of 60 miles per hour are common. It's also not unusual to find bass boats rigged with highly sophisticated electronics to aid in fishing.

A well-rigged boat is likely to have one fish-finding sonar unit at the bow, another at the wheel and a third, chart-type recorder for marking fish and detailing the bottom. Water-temperature gauges and instruments that measure the pH and oxygen content of the water are other devices considered desirable by many serious anglers. If you really want to go all out, you can even install an onboard fishing computer. More than 750,000 lure selections by type, color and type of retrieve to be used with the lures are programmed into the computer. The angler enters all variables, such as the season of the year, weather, wind and other pertinent information. The device then provides a readout on what lure combination should be most productive and how to fish the lure.

Likewise, today's bass-fishing tackle is far removed from the era of the cane pole. Exotic materials such as boron and graphite are being utilized in fishing-rod construction for lighter weight, increased sensitivity to strikes, longer casts and improved hooking potential. Innovations in fishing lines, lures and related tackle have made the contemporary bass fisherman the most well equipped and technically advanced angler in the history of fishing.

Although a great deal of the continually increasing popularity of bass fishing can certainly be attributed to the

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sheer pleasures and relaxation of the sport, other contributing factors have appeared in recent years. One of the foremost is the organization of anglers into an effective international group that promotes bass fishing. Another is the tremendous interest promoted by tournaments and professional fishing.

Nearly 17 years ago, Ray Scott, an Alabama resident and devoted bass fisherman, organized the nation's bass anglers within one group known as B.A.S.S. (Bass Anglers Sportsman Society). The goals of the organization were to promote bass fishing and stage tournaments throughout the country and to inform members about their favorite sport.

Initially, the plan was met with a great deal of skepticism. However, the B.A.S.S. group now has become the largest fishing organization in the world, with more than 400,000 members and a network of 1,600 affiliated B.A.S.S. chapters. The society's annual fishing tour last year awarded anglers more than $1.4 million in prizes and cash. The culmination of this year's tournament trail, the "world series" of bass fishing, will be the $100,000 B.A.S.S. Masters Classic at Pine Bluff, Arkansas, on the Arkansas River, August 16, 17 and 18.

Scott's concept of "play-for-pay" fishing has spawned a new breed of bass anglers: the pro fishermen. The pro is an angler who competes for cash and is likely to have the backing of a number of sponsors, such as lure, line, tackle or engine manufacturers, boat builders or other companies interested in the exposure possible through the professional bass-fishing circuit.

For the top pro anglers, the rewards can be substantial. For example, the all-time money winner, Roland Martin of Clewiston, Florida, had won more than $200,000 during his pro fishing career as of this spring. Ken Cook of Elgin, Oklahoma, won more than $150,000 in an eleven-month period, the most ever won by an individual angler in a year.

Although pro bass fishermen account for only a handful of the millions of fresh-water anglers in the country, they are easily identifiable heroes to the average fisherman. Unlike fans in sports such as auto racing, in which a normal fan would never be able to afford a racing car, the typical bass fisherman is able to purchase the same boat and tackle used by his favorite pro. Likewise, he can fish any of the same waters as the pro angler. Bass fishing truly becomes a participation sport, even if it is not on the same level for the amateur as for the big-money tournament winners.

"Through our tournament anglers we have tapped a tremendous

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wealth of knowledge for the public," Scott said. "This idea-swapping brought about by tournament fishing has been tremendous for everyone. Valuable information on fishing is now getting out that is no longer being coveted by a jealous fisherman."

Scott characterized the successful pro as one with an "inordinate desire to win, and someone who has never stopped learning about fishing." But, he said, the element of competition in tournament fishing is sometimes misunderstood.

"Competitive fishing, as it is today, does not pit man against man," he commented. "It's not like professional boxing or bowling. This is a game of man's skill against the almost unpredictable actions and activities of a very special fish, namely the largemouth bass."

Scott and his organization have also been instrumental in spearheading efforts to improve the standards of recreational waters and bass fishing. In 1974, as president of the B.A.S.S. organization, he filed suit against 214 companies that allegedly were polluting Alabama waters with toxic waste. Through such efforts the Bass Research Foundation was formed. To date it has underwritten recreational fishing projects with funds of more than $1,500,000.

Scott feels the effects of pollution are not as serious as they were in the past and that more attention is now being paid to the environment. He also believes that the abundance of fishing has not seemed to lessen the odds of productive fishing, because of wise conservation practices adopted by many states. One point of conservation required in all B.A.S.S. tournaments is that all fish must be weighed in alive and then released. This procedure is significant because some tournaments may produce thousands of pounds of fish. This rule has become the standard for nearly all bass-fishing tournaments throughout the country.

Scott said one trend that has developed in the tournament circuit through the years is that "the cream has come to the top.

"There is a cast of about 100 accountable pros who will show up in the top 20 places of any tournament without surprise," he said. "This has statistically proven that the element of luck is not such a great factor. Anybody could go out for an hour and get lucky, beating another guy. But, when you stretch out a tournament over three or four days, you've eliminated a lot of the luck factor.

"There are just some anglers with a sixth sense that allows them to computerize all the given factors and use them to their advantage. The average guy can spend a lifetime trying to put it all together, and it's just never there. But there are a magic few who seem specially blessed when it comes to fishing."

Cliff Craft, a veteran pro from Sugar Hill, Georgia, who has qualified three times for the B.A.S.S. Masters classics, suggested tournaments have a way of "weeding out" the anglers who cannot take the pressures of competition. He said that winning oftentimes may be determined by catching only a single fish in the final hours of a given tournament's last day.

"On the final day of the Super B.A.S.S. Tournament, I lost a fish that would have won another $88,000 for me," Craft recalled. "I had the fish up to the net twice, and he escaped each time and finally pulled the hook.

"That becomes something that's very hard to live with. I've been trying to rationalize and pretend the whole thing didn't happen and that I never even had the bite. A tournament can make the difference between financial security for the rest of the year, or finding another job."

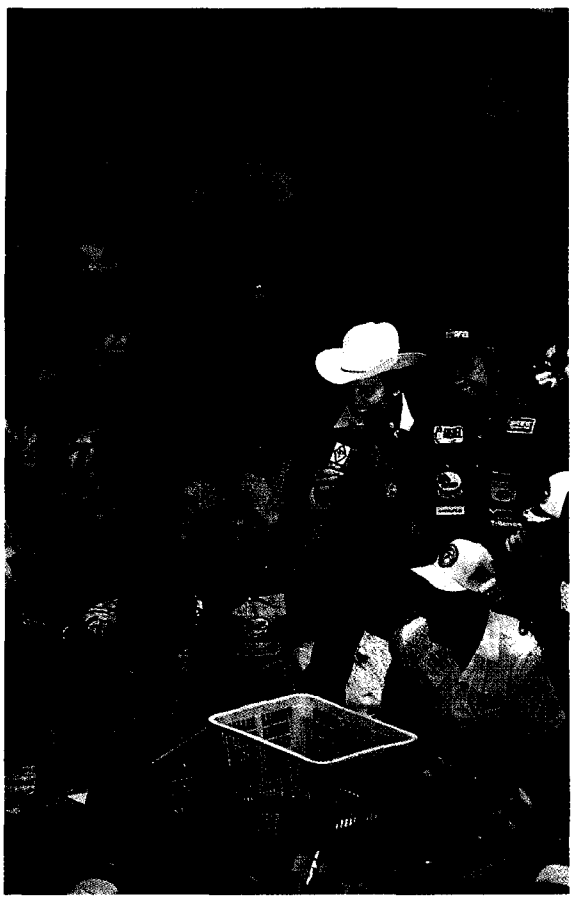
Craft, who started bass fishing as a hobby and turned pro in 1976, did finish fourth in that tournament, however, and won $12,000. He attributes his success in pro fishing primarily to the experience he has gained over the years.

"It would be very difficult for a newcomer to do well on the entire tournament circuit," Craft remarked. "Someone without much experience may win a tournament, or do well for a while. But he is bound to pay his dues dearly. If the ego bursting doesn't kill him, the financial drain may."

For an angler to achieve any sort of pro status, Craft explained, he would have to fish in all of the major B.A.S.S. tournaments throughout the country. He estimated the cost between $700 and $1,200 per tournament. Costs of a suitable boat, tackle and the days of practicing for tournaments must also be added. On the average, most pros will practice fishing at least 150 days per year.

"The costs become almost prohibitive for the average person without a sponsor," he said. "If we so-called pro fishermen had to depend upon our winnings without sponsorship, most of us would quickly end up in the poorhouse."

DuPont Stren, the official line of the B.A.S.S. circuit and this year's classic, has played an active role in tournament



The big moment in a bass-fishing tournament is the payoff. The annual fishing tour last year awarded anglers more than $1.4 million in cash and prizes, with champion Roland Martin going over the $200,000 mark in his professional "bassing" career.

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fishing for more than a decade. Sam Waltz, a spokesman for this major fishing-line manufacturer, echoed Craft's remarks on corporate sponsorships. "There are only a few fishermen that can make a living off tournament fishing," Waltz said. "Most professional fishermen must parlay their success into personal appearances and endorsements. If they can make a series of agreements with three to five sponsors, it's enough with their winnings to make a comfortable living. These benefits are more valuable than reward in sales." Chevrolet has also become a major sponsor of these tournaments.

DuPont now works with about 25 tournament fishermen. Waltz said that as a policy the company does not put up prize money for tournaments or pay entry fees. But DuPont does supply its pro anglers and field testers with free fishing line and provide them with other income through appearances and product endorsements.

(Above) Boats await the starting gun for last year's Masters Classic. With a fish-finding sonar unit at the bow (below), two pros set out for happy fishing grounds during the Classic.

"Tournament fishing has brought excitement to the sport, increasing numbers of anglers and overall improvements in tackle," Waltz said.

Although fishing is still largely regarded as a male sport, one group has set out to change this assumption. Bass'n Gal, a women's fishing organization, was formed seven years ago and has grown in size and status remarkably fast. Bass'n Gal currently has more than 11,000 members, with more than 50 affiliate club organizations.

"Women have always fished throughout the centuries," asserted Sugar Ferris, founder of Bass'n Gal. "The biggest reason that bass fishing is still regarded as a male sport is that women rarely have been given the opportunity and encouragement to develop the skills necessary to be-

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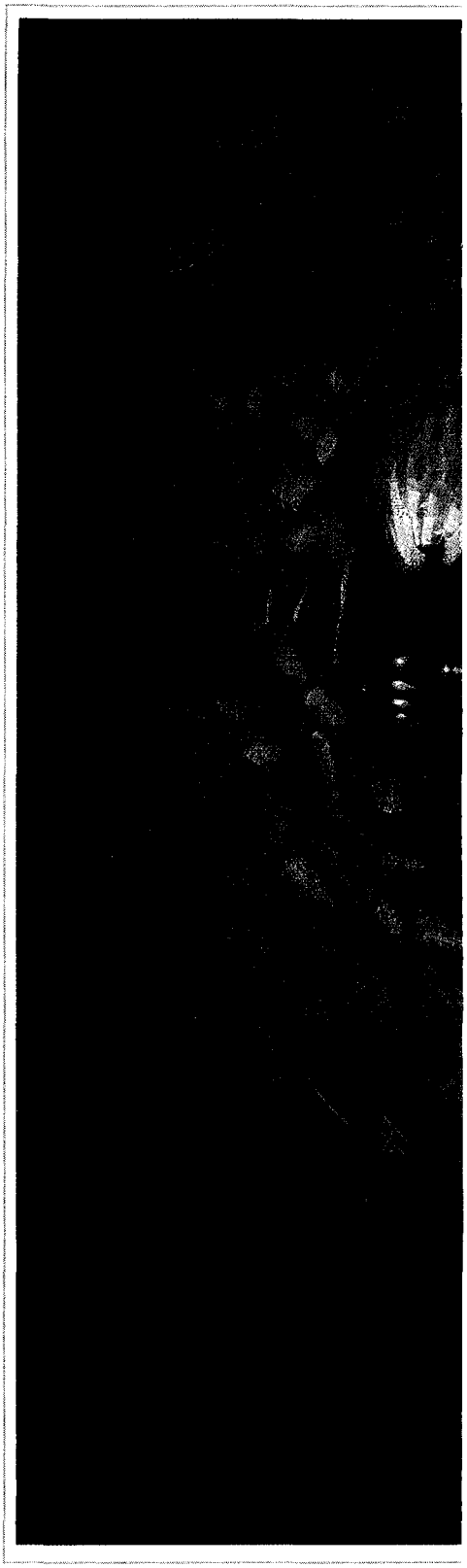
HENRY AND THE GOLDEN MINE

Somewhere in the West lies a mountain with a heart of gold where the vein runs as wide as a street, and only a fool can find it.

by Stephen Vincent Benét



It's where you find it, and that's just the trouble. There never was a truer word said. You can get all your Eastern geologists with their hammers and their spectacles and set them running all over the state of California. But the gold's the gold. You're as likely to come across it looking for a stray mule—that's what made the Four Brothers claim. And you'll find it and lose it and find it. You remember that kid with the slingshot on the wagon train. He was peppering all and sundry with some nice, hard pebbles he'd picked up, and when they took away his slingshot they found out what kind of pebbles they were. Only then he couldn't remember where he'd come across them, and three men died of thirst in the desert, trying to locate the spot. But it never was found, and never will be—wasn't meant to be found, I guess. And then, there's the Mother Lode.

Oh, any professor will tell you that it doesn't exist, and couldn't. There couldn't be such a thing—where the vein runs wide as a street down into the heart of the mountain, and you could walk around blindfolded and it couldn't make any difference to your luck. But it's been seen and located, or so they say. Except, they say it's guarded too; though I wouldn't like to specify by who or what. I've been alone in the mountains myself. And maybe the voices you hear are all inside your own head. But, again, they might not be. I'm not going to look for it, anyway—I'm not so young as I was. Though naturally, now and then, when you think of it, you get a hankering. But they say—the best informed—that only a fool can find it. And I'm not Henry Pink.

He wasn't really a fool, either. Just kind of innocent and eager and enthusiastic. He'd come around the Horn to the gold fields, but it hadn't changed him a mite. He still looked as if he washed his face every morning because his mother told him to, and a body couldn't be with him more than half an hour without knowing all about him—how he came from Laertes, New York, and was bound to make his pile because of a girl named Hester that he wanted to marry. She was a girl with quite a lot of forehead, who wrote poetry for the paper, but—as he was apt to remark—she was full of soul. It looked more like dyspepsia to me, in the tintype he had of her, but he thought different. There'd been another girl, Amy Frothingham, but the trouble with her was, she was golden-haired but fickle. Yes, I'm telling it to you just the way he told it to me.

That's the kind of boy he was, and you couldn't help it. He even carried a piece of Hester's poetry around with him. It was kind of worn at the edges, but he was perfectly willing to read it out loud. It was called "To a Distant Friend" and it began "How drear now rolls old Hudson's stream," and went on about sweet reunion in the by and by. Hester generally specialized in willows by a grave and white-robed angels coming for the souls of the departed, so this was a pretty cheerful piece, for her. It wouldn't have struck my fancy, exactly, as a keepsake, but I wasn't Henry Pink.

You couldn't help liking him, that was the difficulty. But after you'd seen a little of him, you got kind of awe-struck at the inscrutable ways of Providence. You can talk about guardian angels, but one wouldn't have been enough for Henry. There must have been a whole squad of them, and all of them overworked. I remember when he first showed up at the diggings. He had a big, old-fashioned pepperbox of a gun and a regular fancy outfit, washbowl and all. He looked like a picture of a miner in an emigrant's guide. Well, I'd just come out of the Last Chance

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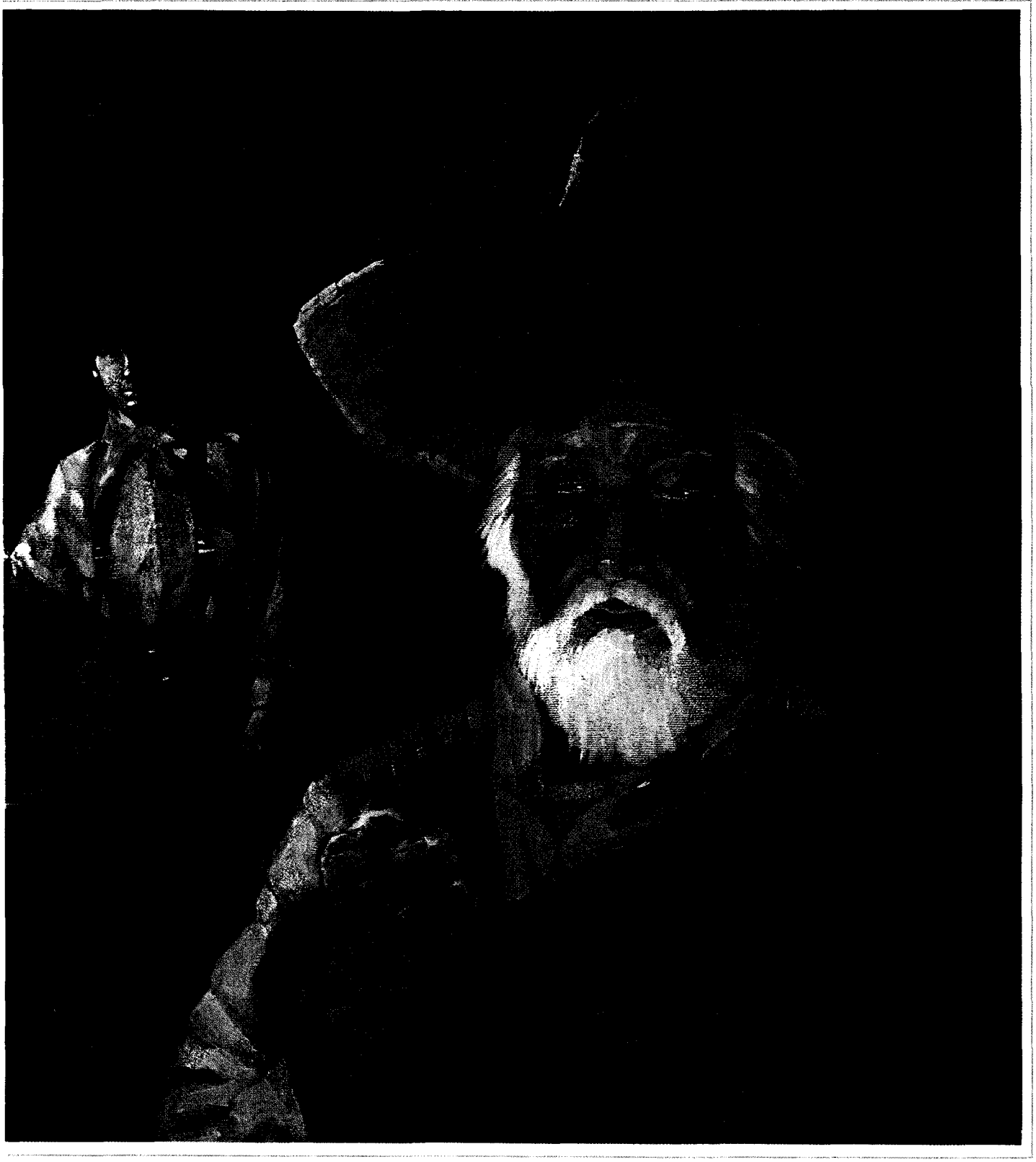

and I was still wiping my mouth, when he stepped up to me.

"I beg your pardon," he said, "but I am a stranger in these parts and would greatly appreciate your directing me to accommodation for the night." Yes, he still talked like that—he talked just like a book. I took one look at him, but I didn't laugh. It hurt me a little not to, but we've all been young once, and you could see the eagerness sticking out all over him.

"Well, young man," I said, "the question of accommodation in our thriving little metropolis is, if I may say so, a vexed one. For instance, there's Barney's Imperial Palace Tavern."

"Where's that?" he said.

"You go on down the trail and you'll see it," I said. "You see

The flame lit up the chambers or walls. "The Mother Lode—the thing that could not be true," said the old man. "And nobody has ever seen it but you and I."

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something that looks like a cross between an Injun wickiup and a motherless circus tent. That's Barney's. Of course, it might not be there any more. We grow so fast in these regions. It might even have turned into an honest-to-God hotel overnight. But I wouldn't put my dust on it."

"And are Mr. Barney's charges reasonable?" said he.

"Very reasonable," said I. "He was charging eight dollars, dust, for half a bunk, washing excluded. Of course, that was yesterday, and prices may have riz. But there's just one thing—don't let him bed you down with a Texas man. They're apt to be born with spurs, and they rake when they get nightmares."

"Born with spurs?" he said, his eyes as big and innocent as saucers.

"Born or growed," I said. "It comes of drinking Rio Grande water. Interesting phenomenon."

"I shall write that home to Hester," he said. "Her father's editor of the *Laertes Item*, and he will be very interested. The spurs, I should judge, would be of the same substance as the fingernails?"

"They claim chilled steel," I said, "but I never dehorned one to find out. And then, of course, if you don't like Barney's—well, there's the whole territory of California to bed out in."

"I admit expense is an item," he said. "On the other hand, I am anxious to form connections"—and damned if he didn't shove me a little printed card. It said, THE LAERTES MINING AND DEVELOPMENT CO., HENRY PINK, PRESIDENT AND TREASURER, and then I began to worry about his guardian angels. He looked at me sort of anxious.

"It is not a very large company," he said, "but my good friend, Reuben Plummer, the son of our leading undertaker, has associated himself financially with me in the enterprise. Also Judge Hannafield and Hester's father. In fact, he put up my passage money, and I shall always be grateful to him, for he said it was cheap at the price. But it puts a large responsibility upon my shoulders. Naturally, I wish to find my first bonanza as rapidly as possible. Bonanza is the correct term, is it not? Yet, perhaps, it would be wise to seek some accommodation first; the trip has been somewhat fatiguing"—and he kind of swayed on his feet.

Well, I heaved a sigh at the thought of it, but I told him he'd better bunk in with me—at least for the night. I couldn't do otherwise. If I'd let him go on alone, he might have been eaten by a jack rabbit, or so I figured. I can't say I was living in the altitudes of luxury—the roof hadn't been mended since the Mexican fell through it. But when I got some food inside the youngster, he seemed very pleased and grateful. He told me a lot more about Hester and showed me her poetry. And then, before I was even waked up, in the morning he went out and jumped Horse Manson's claim.

He came steaming back to the cabin with his coattails flying. I'd heard the shots, but I never was a person to borrow trouble. But I tell you, he didn't know anything. He'd just gone out with his washbowl and picked a likely piece of ground.

"Then what happened?" I asked.

"Why," he said, "a very nice old gentleman with a white beard began shooting around me."

"That's Horse Mason," I said. "And it's the first time in human history he's been called a nice old gentleman. Was he drunk?"

"Oh, no," he said, kind of shocked, as he fingered the holes in his hat. "He seemed quite in possession of his faculties, though very angry. But if he had only allowed me to explain—"

"Explain?" I said. "Couldn't you see the claim was staked?"

"I did observe some little sticks," he said, "but——"

Well, then, I sat him down and talked to him like a Dutch uncle. I must have talked to him an hour. Then I went to pacify Horse, which took some time. And when I got back the youngster had dug a two-foot hole in the ground right back of the cabin and was making the dirt fly. I just stared at him.

"All right," I said. "You've had your exercise. Now fill it up."

"I thought I saw indications of gold," he said.

"Listen," I said. "You forget anything you ever heard—or read in the *Laertes Item*—about indications. Do you think I'd have been squatting here for a month—and ten men before me—with the gold right under our noses, and not know it? You fill up that hole, and do it fast, or I'll beat you to death with a shovel," I said, because I was getting a little roused. "Furthermore, I'll take that pepperbox gun away from you and make you eat it. And furthermore and likewise——"

Well, I may have gone on for a bit, but I wanted to make an impression. And apparently I did, for the youngster did as I told him. All the same, I saw him stow away a sample of the dirt in a little leather bag he had. But I didn't let on I'd seen. It didn't do any harm, and I knew he'd forget about it the next day.

That was how we got to be partners and, in some ways, I've never had a better one. He was willing and good-humored and a hard worker, and we struck on a little pocket that panned out pretty well. Not any bonanza, you understand, but enough to make you feel good. Shucks, he insisted on giving me a note for 100 shares of stock in the Laertes Mining and Development Company, just because I'd showed him the ropes. Well, it didn't mean anything to me, but I didn't want to hurt his feelings, so I took it and thanked him. Then the news came along of the new strike up at Puma, and half the camp went crazy. I'd been in those rushes before and it didn't impress me much. You wear your legs out getting there, and then you find the good ground's located. But my youngster was wild to go.

I should have gone with him, I guess, and I certainly hated to see him leave. But he was shaping up well, and you can't wet-nurse a youngster beyond a certain point. It isn't fair to the boy. So I said I'd take care of things at my end, and if Puma really panned out he could send me word. It sounded more impressive, put like that. Myself, I thought he wouldn't find anything, and that might knock some sense in him. But I was wrong.

He never got there at all; he got lost in the mountains. It took a special talent to do that, with hundreds of men all going the same way, but he managed it. He thought he'd take a short cut, you see—a short cut, when he didn't even know enough to follow water downhill. Well, he had a burro with him, and grub, so that wasn't so bad. But the country wasn't exactly like Laertes, New York, and, once he got off the trail, he kept wandering in and in. It's easy to do in those ranges. They aren't unfriendly mountains, but you've got to watch yourself. The

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way he described it, it was like going into a series of big, green boxes, with each box opening into another one, and still no way to get back.

It wasn't so bad the first day or the first couple of days. He found water and grass all the way—or the burro found them for him. At first he was scared of Indians; then, after a while Indians would have been a relief. There were coyotes and deer and such; he didn't like the coyotes at night, and yet, in a way, they were company. But it seemed to him, as he went deeper and deeper into the mountains, that the animals got fewer and fewer. Till, finally, when he'd pitch camp and light his fire, the night would be dead still, without a sound in it, except for the wind in the trees and the little noise of his burro, stirring around. He began to talk to Hester. He knew perfectly well she wasn't there, but he talked to her just the same.

He talked to her because he'd begun to wonder if there's ever been a town called Laertes, or a state called New York, or even a likely youngster that his friends called Henry Pink. He could see the town perfectly well, when he thought of it; see the livery stable and the church and the old hand press in the *Item* office and Hester's father, with the little white tufts of hair that grew out of his ears. He could even see Amy Frothingham, sitting in the third row at Sabbath school. He could see it all just as plain as a picture in *Harper's Weekly*, but it didn't seem real to him at all.

He told Hester all about this and how queer it was. And at first that was a consolation, but after a while it got so that all she'd do would be to recite poetry at him. He never thought he'd really get tired of her poetry. But he found he did—particularly of "How drear now rolls old Hudson's stream." Finally he got so he'd carry a handful of rocks in his pocket, and whenever Hester started in about the rolling stream he'd chunk one at her. He hated to do it and always apologized afterward. But it seemed to be the one way to fix her.

He'd been having a pretty bad time with Hester, when he finally saw the campfire at the end of the valley. At first he was perfectly convinced that the campfire wasn't there either. He was so convinced that he meant to walk straight through it and show them. But he didn't, because the burro balked.

The old man on the other side of the fire didn't even move. He was cooking bacon in a skillet, and he just said, "*Buenas noches, amigo.* You have come a long way." I guess it was the smell of the bacon that made Henry feel dizzy. He'd meant to eat regular, but he'd spent too much time, lately, throwing rocks at Hester to think about his meals. Anyhow, it got black in front of him, and he sat down.

"Naturally, I wish to find my first bonanza as rapidly as possible."

When he got back his senses the burro had its pack off and was munching away, and the old man had a plate of bacon all ready for him. Only after he'd eaten and the life had begun to come back to him did he really notice the old man.

He was brown and he looked Mexican—dressed Mexican, too, for his vest had gold buttons on it and he had a Mexican knife. But again you couldn't tell.

His voice was kind of slow and stately, but he talked American. And in spite of his hair being white, his eyes were young and alive.

"Eat, *amigo*; I am glad to see you at last," he said to Henry Pink.

"Well, that's very friendly of you, sir," said Henry. "But how could you have been expecting me?"

"What is expectation?" said the old man. "The tree does not expect the lightning nor the fish the hook. Yet the two come together in time, when there is a purpose"—and he smiled in a queer way.

"Now, that's very handsome talk," said Henry. "I like to hear a man talk like that. My father-in-law would be interested too; he edits the *Laertes Item* and he's a well-educated man. At least, he isn't my father-in-law yet, but he's going to be. At least, if Hester will ever quit reciting poetry." And he reached in his pocket for a rock. But he didn't use it, for Hester wasn't there any more—just him and the old man and the bright fire. He passed his hand over his forehead.

"Excuse me," he said. "I guess I've been talking wild. I could see her there, just as plain as print. But now she's gone back to Laertes."

"What you see may be so and what you do not see may be so," said the old man. "Permit me to introduce myself"—and he rolled out a long, liquid name. It began with "Don Felipe" and went on for quite a spell, till it ended in something like "Alcantara."

"Delighted to make your acquaintance, sir," said Henry, and reached in his pocket. "This will explain my own interests and activities," he said. "As I said before—or maybe I didn't—we mean to call our first bonanza the Hester. But it's all there on the card."

The old man took the card.

"The gold," he said; "always the gold." And his face was stern in the firelight.

"Well, young man, you were born to be fortunate. Otherwise you would not have come to Lost Mountain. But now we will sleep, I think"—and he rolled up in his serape and shut his eyes.

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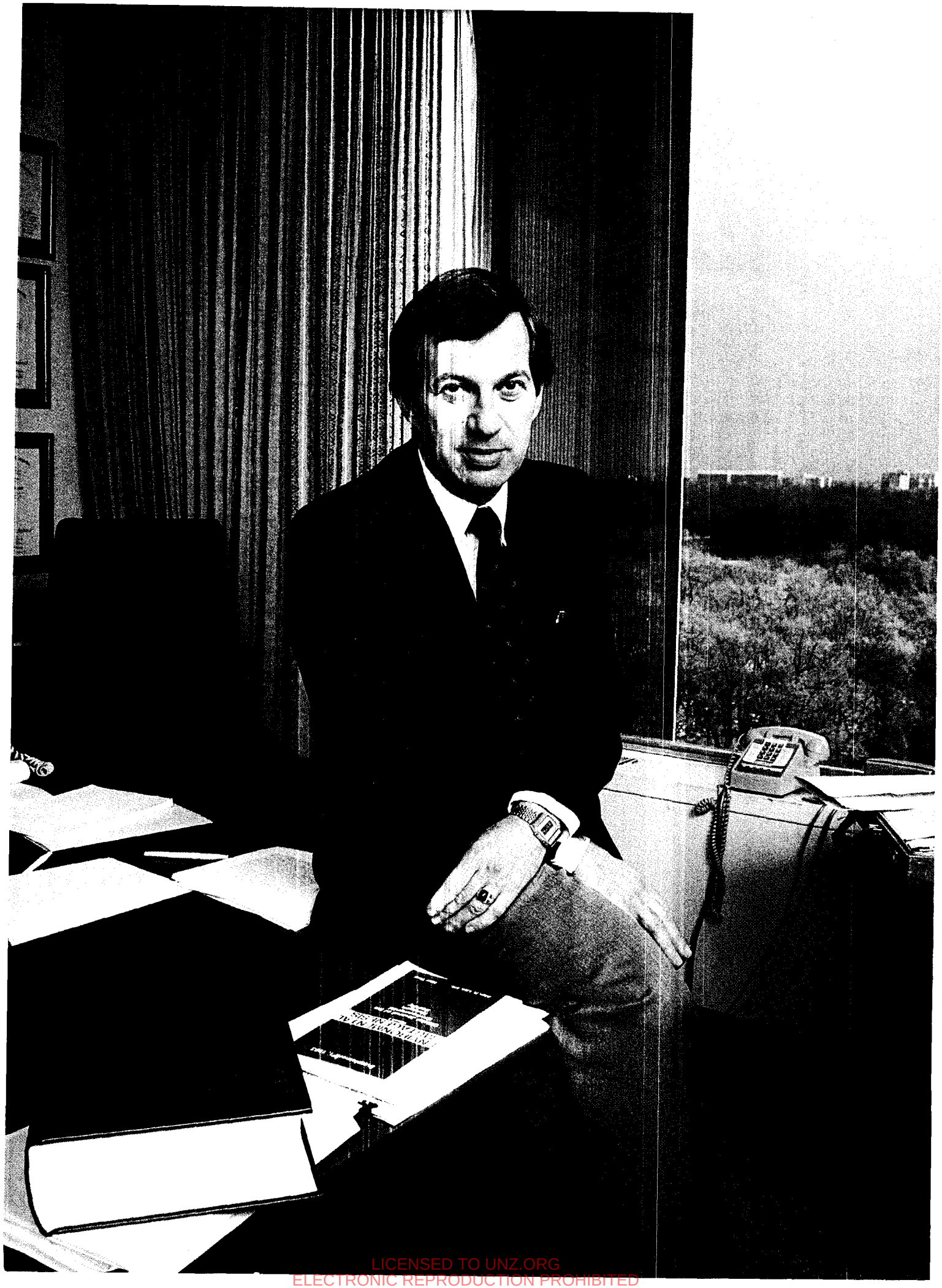

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DR. VINCENT DEVITA SPEAKS OUT ON CANCER PREVENTION WITH FIBER

The director of the National Cancer Institute says: Eat fiber, cruciferous vegetables and less fat; don't smoke; and ask your doctor to call PDQ for the oncologist with the most experience treating your cancer if you should have a serious or rare malignancy.

by Cory SerVaas, M.D.

All America should be glad that Dr. Vincent T. DeVita is in charge of the $1,100,000,000 budget that will be spent on cancer this year by the National Cancer Institute. Why? Because he's a gutsy, no-nonsense researcher with a practical, imaginative, down-to-earth approach to tackling cancer. He wants to help *prevent* cancer as well as help cancer-afflicted people everywhere benefit quickly from treatment breakthroughs. He isn't afraid of stepping on a few toes, where necessary, to accomplish the most good for all. He is courageous in that. He is the kind of fearless leader we need at the helm of this mammoth organization, which employs many thousands of fighters in the war on cancer.

Mike Mitchell

Dr. Dennis Burkitt and a pair of his fiber converts. Dr. Vincent T. DeVita, Jr. (right), and *Post* editor meet to discuss new evidence that a high-fiber diet prevents cancer of the colon. A runner, Dr. DeVita looks for bran muffins at breakfast stops in all the cities he visits.

If he hadn't chosen medicine, he would have been a good intelligence officer for the CIA. He'll sleuth for what causes cancer. He listens. That's why, after he had breakfast with Dr. Denis Burkitt some 15 years ago, he started eating bran every day.

Unlike some professionals, Dr. DeVita isn't afraid to give the people facts they can act on *now*, instead of waiting until we have elegant proof to the "nth" degree. He's won his stripes; he's strong enough to take criticism from snipers who would cry for "more proof" before advocating a harmless diet change.

He cares. If he has been eating bran for 15 years, he wants the people to know that it's more than a good *bet*—and that cruciferous vegetables (brussel sprouts, cabbage, cauliflower, etc.) are a good *bet* whether because of their fiber content, their antioxidant properties or the beta carotene they contain.

He's risked raising a few eyebrows with the Physicians' Data Query (PDQ) system, a computer data base that provides lists of some 10,000 cancer specialists in the country as well as the centers or hospitals where specific rare cancers are best treated. The computerized information also enables local physicians treating common cancers to learn quickly about new therapies.

He's a productive researcher who has coauthored a cancer textbook and authored or coauthored more than 300 scientific papers.

You'll be hearing a lot more about this young man who is in a hurry to lessen your cancer risks. The goal: 50 percent less cancer mortality by the year 2000!

We began the interview by asking Dr. DeVita his views about fiber.

Dr. DeVita: I started eating bran almost 15 years ago when I met Dr. Denis Burkitt and we were both at a conference on lymphomas. He was going to talk about Burkitt's lymphoma and I was going to talk about Hodgkin's disease. He said that he didn't want to talk about lymphomas. He wanted to talk about bowel cancer, fiber and diet. He gave a very charming lecture about the hypothesis that fiber is the major factor that is being deleted from Western diets and that reduced fiber leads to colon cancer. He completely surprised me. We had breakfast the next morning, and he totally persuaded me. He poured bran all over his cereal, which did not have bran in it, and I have been eating bran ever since.

Dr. SerVaas: How do you eat your bran?

Dr. DeVita: I do it in a variety of ways now. In the beginning I just had to get All-Bran® cereal and that's mostly the way I get it now. I also eat it in muffins. I run, and when I visit cities, I stop at the same restaurants I have been stopping at for ten years. Where I couldn't get bran ten years ago, I now notice that bran muffins are available in some cities. In other cities, they're not

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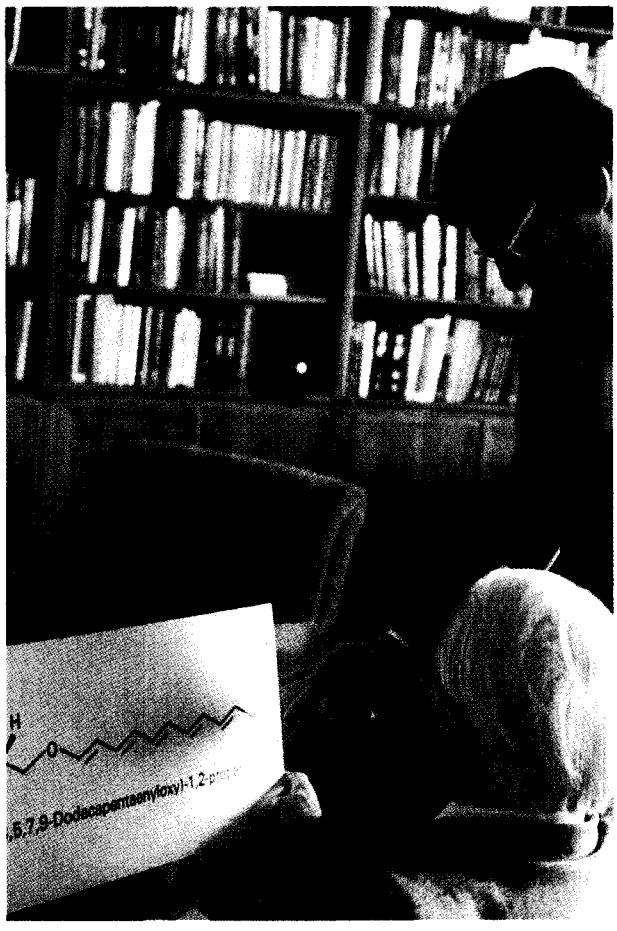
available. But, I think fiber is catching on. I know many places in New York that make good bran muffins. In most of the cities that I visit, I know where they make the good bran muffins, and I know what cities don't have bran muffins. There are some cities that are very interesting but haven't taken to that kind of food yet. I know in Baltimore, for example, you can look up and down Charles Street in every bakery and every restaurant, and you won't find a bran muffin. You won't find anything but white flour and sugar in it in the morning.

Dr. SerVaas: Well, I think that you were pretty much ahead of your time when you started eating bran, because back then a lot of physicians really didn't put that much importance on bran. Tell me, what do you now see in cancer of the colon as evidence that Dr. Denis Burkitt was right all along?

Dr. DeVita: I believe the data are overwhelming when you look at all the people in all the populations that we've studied around the world who have a low incidence of colon cancer: the Finns, the Mormons, the Seventh-day Adventists, just to mention a few. People who live in Third World countries—you can always find that the fiber in their diet is high. It's not always the same kind of fiber. In some cases it's fruits-and-vegetables type fiber, and in other cases it's wheat-grain type fiber. And in many cases, fat is low. That has led many people to say that it's not the fiber, it's the low fat. In some cases the fat is high. The Finnish diet is a very high-fat diet. They eat a good deal of meat and dairy products. They have a lot of heart attacks. But because of the very large amount of fiber from rye, they have a lower incidence of colon cancer. The weakness in the data was always the Japanese, because the Japanese had a low incidence of colon cancer and a low mortality. They have the same fiber level as the American people, but if you look at what the Japanese fat intake is, it's half of the American people's. I have a feeling the ratio of the fiber to the fat makes a big difference.



Here's the hard evidence we've been waiting for. . .this *fecapentaene* is in the stool of people on fiber-depleted diets who have a high incidence of colon cancer. It isn't present in fiber-eating populations who are colon-cancer free.

Again, the data are overwhelming: If fiber were put back into Western diets, the incidence and mortality from diseases like colon cancer most certainly would come down. Breast cancer, which tends to follow the same pattern, although it's not as easily explained, probably would come down, too. In fact, it did in Great Britain. In World War II there was a study that showed that right after the war started, when fat intake fell and grain intake went up, breast cancer mortality fell very dramatically and stayed down for a long time. So I think that the argument for fiber is very, very sound.

Dr. SerVaas: I think there are some studies now showing that the bacteria are different in the bowels of those eating a low-fiber diet.

Dr. DeVita: Yes. The most interesting study is one that was developed independently by Dr. Tracy Wilkins at the Virginia Polytechnic Institute and Dr. W. Robert Bruce in Canada. They found a material in the stool now called *fecapentaene*. It's a shorter name, believe it or not, for a much, much longer chemical name, and it's produced by bacteria that are normally in your bowel and mine. It's produced by bacteria that die. In other words, it's an internal product of the bacteria. When the bacteria die, they release it. It turns out that it's a very potent mutagen, as potent as one of the most potent carcinogens that we know, benzopyrene. The important point that they've shown is that when you add fiber into the diet in a couple of cases, the bacteria stay healthy. They don't die in the colon and they don't release the material. So you can see where fiber might make a difference. The reason that fiber was thought to work was because it shortened the transit time in the colon and diluted out carcinogens and so forth. And here is an example where it may work because it keeps the bacterial population in the colon healthy. If that's the case, it lends itself to easier manipulation than we would have thought.

Dr. SerVaas: How will the NCI help inform people about what foods contain fiber?

Dr. DeVita: We have been busily working on what we call a fiber-equivalency handbook. When a truck driver pulls in to get lunch and he wants more fiber, he's got to know what it is that he needs to eat. So we are in the business of recommending a diet to the best of our ability. I've seen the first draft of the handbook. We should have it out in a few months. The data on fiber are very limited, and one of the things that we had to decide was whether to go with what we call the gross data on fiber. Since we know that increased gross-fiber intake seems to do good things for people, we can offer them information on gross fiber and then refine it as we go along, or we can wait until it's re-

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fined down to the "nth" detail and then give it to people. I frankly don't see any reason to wait. So we're going with the data that we can find on fiber. We'll make the necessary acknowledgments that it's not perfect, but it's enough to have half of my staff running around looking at it and saying, "I'm going to get this in my diet and that in my diet to get my fiber content up to a certain level."

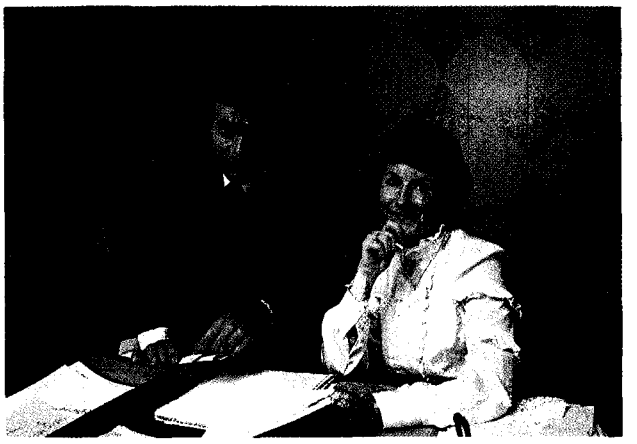
Once you know what foods contain fiber, it's very interesting to try to manipulate your diet and get it up to a high level. We think American people have to double their fiber intake in order to get all the good benefits. It's not so terribly difficult to do. Some foods are surprisingly high in fiber. I always use cantaloupe as an example. Cantaloupe is low in calories. An average cantaloupe is about 100 calories. A whole cantaloupe has about ten grams of fiber. So if you eat a half-cantaloupe for breakfast, you get about five grams of fiber. It's a very, very good source of beta carotene, and it tastes good. So unlike bran cereal, which some people don't like, it has a lot of positive features. It's not the same kind of fiber that's in bran cereal, however, so you get into different kinds of fiber. It's a cellulose fiber.

There are two general classes of fiber called lignins, which are the very, very indigestible fibers that you find on the outer coating of wheat grains. Then there are celluloses. You find those in the structural part of plants, apples and other fruits—things like cantaloupe and bananas are high in the celluloses.

It may make a difference as to which type of fiber you eat. It seems to make a difference in some things like controlling blood glucose. Some fiber makes it easier to control the blood glucose in diabetes. There may be certain kinds of fiber that are important there. But in terms of the gross effects on cancer, some populations, like the Finns, that have very high grain intake have a lower cancer incidence. If you look at the Mormons, they have a lower incidence and mortality from colon cancer. Most of their fiber comes from fresh fruits and vegetables and things of that sort. It may be that both work. That's why I say we have to give people the option to get both kinds of fiber—lignin and cellulose.

Dr. SerVaas: Could you tell us about cruciferous vegetables?

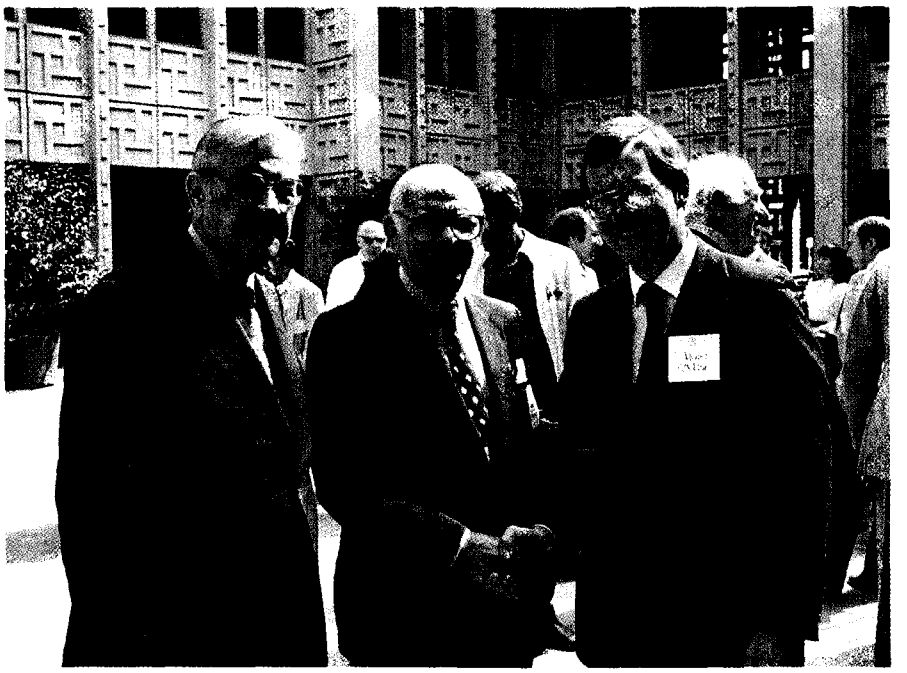
Dr. DeVita: First of all, they do have a high content of fiber. They also contain materials that may be antioxidants, materials that will actually prevent certain kinds of things from causing cancer. They can quench free radicals. They can stimulate enzyme systems that detoxify carcinogens. There is another side of it that may have a positive effect. We have done 18 studies on dietary surveys of people in different parts of the world who took in a lot of dark green, leafy vegetables, compared to people who didn't. Those studies told us that people who had a high beta-carotene index have a lower incidence of certain kinds of cancer. This meant that the time had come for us to put beta carotene into a clinical trial. You might say, "Well, why not package it and give it to people?" The answer is, the beta-carotene index could have been a red herring, or, if you'll excuse me, an orange herring, because it came with a vegetable, and the vegetable has fiber and all kinds of things in it. In other words, by going to the people and saying you should take a pill of beta carotene, we may be giving them the wrong information.



Lucky for executive secretary Pamela Temple that she doesn't smoke. "No," says Dr. DeVita, "I couldn't have a secretary who smoked in our offices." When he hired Pam recently, he forgot to ask. "I guess it's because I naively assume that people don't smoke," he confessed.

Dr. SerVaas: So what did you do?

Dr. DeVita: In 1980 we be-



Dr. Timothy Lee Carter (left), chairman of the National Cancer Institute Advisory Board, and Dr. Armand Hammer (center), chairman of the President's Cancer Panel, confer with Dr. Vincent DeVita on appropriations from NCI's billion dollar budget. Dr. Carter's board advises; Dr. Hammer's panel oversees and Dr. DeVita directs the NCI.

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gan prospectively studying beta carotene, and we're still in the process of evaluating it. However, we can recommend to people that they won't harm themselves by taking in large amounts of highly colored vegetables. In that material there is beta carotene as well as other things that may be useful. It is our guess that they may well lead to a reduction of cancer.

Dr. SerVaas: And you are recommending this?

Dr. DeVita: Yes, and some of our colleagues who spend all their time in the laboratory tell us we shouldn't do so if we aren't 100 percent sure that we can reduce the incidence of cancer by what we are recommending. The answer to that is: The public pays for these programs, and they're entitled to the information as soon as we think it's a reasonable amount to go on. Looking at a population like the Seventh-day Adventists, we can see that they have a very low incidence of colon cancer. And their mortality for colon cancer is 50 percent less than the rest of the American people, even when they eat meat. So the big factor seems to be dietary fiber.

Dr. SerVaas: Could you tell us your views on obesity and cancer?

Dr. DeVita: I think that ties into the business of carbohydrates and fiber. If you look back in paintings of 200 or 300 years ago, you'll find that people began to appear fat in oil paintings at the time we began to introduce into the diet refined carbohydrates [foods with the fiber taken out]. You can eat a lot more calories than you need with refined carbohydrates. If you start eating the whole-grain foods and vegetables, you're eating a certain quantity beyond which you can't go, and people who do that tend to be more slender. I'm not sure that's the only explanation for it, but it's at least one reasonable explanation. You have to be careful, because a very low-fat diet is not a very palatable diet. The American people take about 40 percent of their calories in fat. Japanese take about 20 percent of their calories in fat, and they have low colon-cancer and low breast cancer rates, which seem to be partly related to fat. Thirty percent seems to be a good target to shoot for. Now, it's quite simple for me to say, "Reduce your diet from 40 to 30 percent in terms of total calories from fat." The

Mike Mitchell

If your doctor says you have cancer and your chances are 50/50, don't be too shy to say, "I want to go to somebody who has experience," says Dr. DeVita, who himself isn't afraid of stepping on toes if it is in the best interest of health.

problem is that you've got to tell people how to do that. You've got to tell them where the fat is. It's not always just on the edge of the meat. It's hidden in various places, and we haven't done a very good job, I think, in being very clear about how you get from 40 to 30 percent. It's simple in principle but a little more difficult to practice. Ditto with the fiber in the vegetables, although it's a little bit easier if you're eating what I said—lots of deeply colored vegetables. You get both fiber and the chemicals embedded in those vegetables that seem to protect people against certain kinds of cancers.

Dr. SerVaas: Wouldn't a good cancer-prevention diet also help prevent heart attacks?

Dr. DeVita: Yes. A lot of people who are conscious of diet because of the heart are, in fact, reducing their fat intake. But we've got to get the fiber up from our point of view.

Dr. SerVaas: How can patients be sure they are getting the most up-to-date treatment for their cancer?

Dr. DeVita: We now have the PDQ [Physicians' Data Query] system, which is probably the best source of information. All the files can be accessed according to what city and state you live in. It has about 10,000 physicians who belong to organizations where physicians spend most of their time taking care of cancer patients. In terms of picking a specialist, it's easy to find someone from this computerized list and geographic matrix. Doctors have access to the PDQ. We are hoping that doctors will, in fact, use this on their office computers. They can search the files for a disease, find the people who are doing the research and find the practitioners who have the most experience with it. PDQ also has what we call state-of-the-art therapy for any given cancer. So a doctor who normally doesn't take care of cancer patients can put in a diagnosis. Immediately the system will say that this is a curable cancer 50 percent of the time (if it happens to be that); to cure it, you'd have to use different approaches. Then the "user-friendly" system gives you options to continue querying for more and more detail, if you want. *Or* you can switch immediately, if you happen to be a general physician and don't want to treat the patient yourself, to search for the proper person to do it. If the system gives you bad news and says that this cancer in this stage is not treatable, that we have no treatment that is standard, then you can find out who is doing *research* in that particular type of cancer. By searching the protocol file, it's all quite easy.

Some said that you shouldn't do that; you should let patients go where they want to. The question I would ask is, "If *you* had cancer, wouldn't you rather go to someone who had a lot of experience managing that cancer?"

They've got to be able to go to their doctors and just ask a very important question: "Doctor, do you take care of this kind of cancer often?" If he says, "Well, I treat two or three patients a year," I think you should say, "Could you find me somebody with experience?" Then telephone the cancer society's cancer-information services, and we can help you find the people with experience. Experience is what really counts in this whole business. That's really the crux of the situation. If you had cancer, I'm assuming you'd want to go to the person who has the experience. Then the answer to anybody who gets cancer is to go find the people who have experience. That is not always in a big cancer center. For ex-

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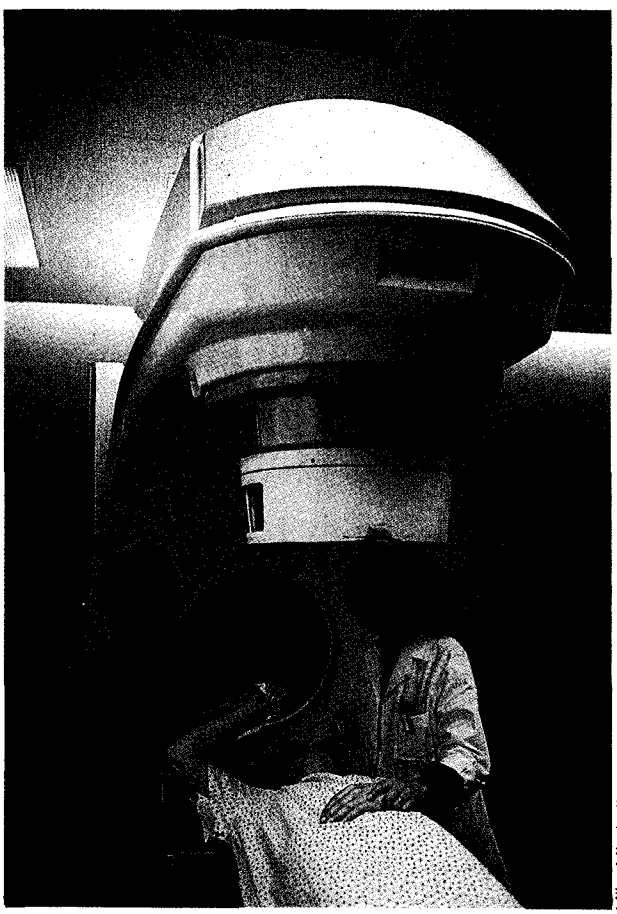
ample, our cancer center in Bethesda is one of the finest in the world. We study certain kinds of cancers, but there are certain kinds of cancers that we don't study at all. So for the ones that we don't study at all, we're not a good place to go.

We're large, but if you had some kinds of cancer, we'd be small in terms of experience. Almost every cancer center in the country that I know of is that way, with only a couple of exceptions. Sloan-Kettering, because of its size, sees a little bit of everything. But most of the cancer centers have a personality because of the researchers they have attracted. They see a lot of one kind of cancer and not much of another kind; they study certain kinds. It's very hard for the public to identify the centers that have great expertise in one area and not in another. So, I don't think you can say it's large institution versus small. Experience is what counts. Patients are so shy about going to their doctors and saying, "You know, doctor, you just told me I have cancer and you said my chances are 50/50." They are facing a 50 percent chance of losing their lives and they're shy about saying, "I want to go to somebody who has experience." And the doctor says, "I don't have any experience, but I'll read it from the book." They seem to be shy about saying, "Well, I'd rather go to somebody with experience." Doctors intimidate people, not that they mean to, in many cases, but they often intimidate. Have you ever tried to find a lawyer to do some specific task for you? It's not easy. Every time I go to a lawyer for something, it's the wrong lawyer. I've got to go to another one who does something else. I've often thought it would be nice if they had a PDQ system for lawyers. I don't think medicine is unique in that sense. The people in the field know, but the patients have a hard time making those kinds of distinctions. Not all doctors are so careful that they will say, "I don't know enough about this disease, and I'm going to send you off to somebody who does." Now for the common cold, for pneumonia or diseases that are self-limiting or easily treatable, that is not such a serious problem. But cancer is something that can possibly take your life. Getting experienced judgment becomes a very serious problem. I'd be a pest. In fact, one more thing. I've been taking care of cancer patients for a long time. I have never taken care of a doctor who didn't get a second opinion. I've never taken care of a doctor who didn't have his microscopic slides read twice, by more than one pathologist, to make sure that he had cancer, knowing already that he had gotten into a pretty good system. And I think there's a message in that.

I just had a phone call yesterday. I get one practically every day, and it's the same thing: a young woman with Hodgkin's disease was in a place where Hodgkin's disease was not commonly treated. It was not far from our institution, where it is commonly treated. The husband was saying that he was a little bit uncertain about hurting the doctor's feelings if he elected to come to probably the finest institution in the world for the treatment of Hodgkin's disease. And finally he agreed to go ahead and do it.

Dr. SerVaas: I had a phone call like that from a minister in North Carolina whose parishioner's son had Burkitt's lymphoma. He wanted Dr. Burkitt's telephone number in London so that he could call him about treating it. I offered to call for him. Dr. Burkitt said, "The thing to tell the minister is that there are two centers in America where there are leading experts in treating this. They are at the National Cancer Institute in Washington, D.C., and M.D. Anderson Hospital in Houston, Texas. You couldn't go anywhere better in the world than those two places. I am not the right person to treat the boy. I would be 20 years behind these experts in treatment knowledge." I relayed this information to the caller, and he was completely satisfied with that honest answer.

Dr. DeVita: Exactly. Burkitt's lymphoma in this country is very rare. So it's not the kind of disease that you want to just walk into the average doctor's office and be treated for, although the treatment isn't terribly complicated. What the PDQ system would show you is people who are listed as doing research in Burkitt's lymphoma. That would be the best place to go. It is good for rare tumors. For example, there are melanomas, tumors or moles on your skin that occur sometimes in the back of the eye. You want to salvage the eye and cure the patient at the same time. If it's a small enough tumor and the machine tells you all of this, and you want to save your eye, particle-beam radiotherapy may be indicated, and there are only two places in the coun-



Mike Mitchell

Dr. Peggie Findlay, a specialist in breast radiotherapy, demonstrates the state-of-the-art equipment used to treat lumpectomy patients in the National Cancer Institute. She directs the randomized study to determine whether removing only the tumor and giving radiation therapy is as effective as the traditional mastectomy.

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try with the equipment to do it. One happens to be in California and one's up in Massachusetts. It's quite simple for somebody in Indiana to say he can either go to Massachusetts or California to have this kind of therapy. For a general doctor to find that information out, just like that, is, I think, very useful. Normally they have to go through all kinds of shenanigans. For common tumors it gives you the kind of information you need that's more regional. For most common tumors there are resources available nearby that can be used. I want to emphasize that it's not just centers versus noncenters, because the centers in this country can't care for all of the cancer patients.

Dr. SerVaas: What about the campaign to prevent cancer by eliminating tobacco?

Dr. DeVita: I think public opinion is on our side. There's an awful lot of momentum to stop cigarette smoking. That's why R. J. Reynolds has started their new advertising campaign, and that's why the cigarette companies are diversifying—they're worried and they have a right to be worried.

Dr. SerVaas: How do you respond to the cigarette companies' argument that evidence linking cancer and smoking is only statistical?

Dr. DeVita: The evidence is absolutely overwhelming. *All* scientific evidence is statistical, so it's a vicious argument. No matter what you're studying, you always look to see if one group is affected significantly more than another; there isn't a carcinogen that all would agree on—including the tobacco industry—that we think causes cancer in humans and that hasn't been determined by statistical evidence. They always say that there is no acceptable scientific evidence that tobacco causes cancer. I'd like to ask them what they would consider acceptable evidence. I'm sure we've got it—there are thousands and thousands of studies. There never has been a study that has gone the other way. We don't really investigate whether or not smoking is a cause of cancer anymore. It's an overwhelming cause of cancer. The evidence is that cigarette smoke is a carcinogen. The national debate that they want to have about wheth-

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REMOVE BREAST OR JUST LUMP?

The National Cancer Institute needs more breast cancer volunteers to find a definitive answer. An all-expense-paid treatment is provided.

Every day, an estimated 315 women are diagnosed as having a malignant breast lump. Seventy percent of these women are eligible to participate in an important research project and simultaneously to have an all-food-and-lodgings expense-paid stay in Bethesda, Maryland, including free travel for return visits as needed. Most women diagnosed as having a malignant breast lump, unfortunately, don't even know that this option exists. Such a lump can develop in any woman any day. The tiny lump sets into motion a whole new group of decisions to be made, not the least important of which may be: "Should I have a mastectomy [the removal of the breast] or just a lumpectomy [the removal of the tumor]?"

That decision is deemed too close to call by many experts. It is for that reason a study that will once and for all give a definitive answer is being done at the National Cancer Institute (NCI) . With a team of dedicated researchers, Dr. Peggie Findlay, breast-cancer radiology specialist for NCI, is undertaking an extensive research study that will randomly assign half of newly diagnosed female breast-cancer patients to lumpectomies with radiation and the other half to mastectomies.

For a newly diagnosed breast cancer patient participating in the program, the food, lodging and all medicine, doctor bills, treatments and travel expenses for follow-ups are paid for by the National Cancer Institute. If she meets the criteria and elects to participate in the study, all subsequent transportation is paid for, no matter if the patient is from Alaska or from Hawaii. "It's a small investment to know the truth about which treatment is most effective," says Dr. Findlay.

We asked her to explain the randomized nature of the trial study.

Dr. Findlay: Most of the information we have to date is not complete enough, and we need to know how to advise patients. There are many controversies in the treatment of all stages of breast cancer and certainly the early stages of breast cancer. Right now, a patient

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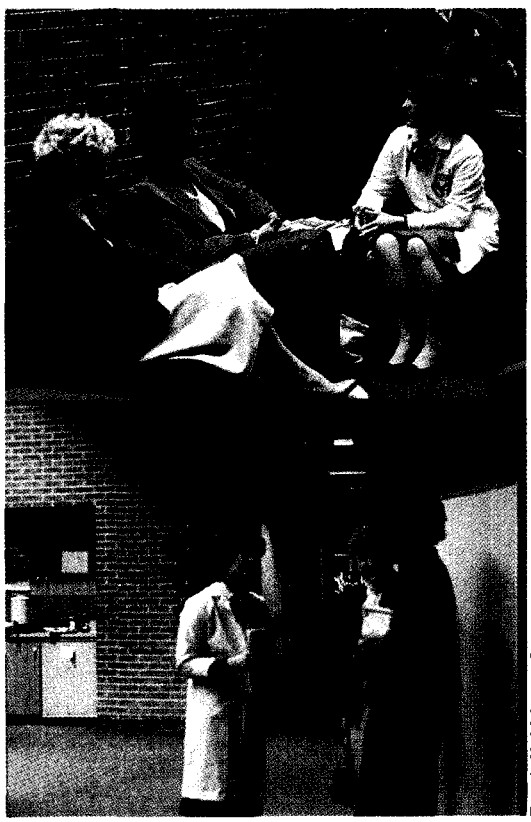

Francis X. Mahaney, Jr.

Earnestine Garrett and Joanne Woodruff confer with nurse Catherine Gorrell, who works with the participants (left to right, top picture). Joanne drew the lumpectomy. . . Earnestine drew the mastectomy with breast reconstruction. Both are pleased with the treatment and their contribution to others.

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Cancer Prevention Survey

For office use

1. Before reading this article, did you think there was much you could do to reduce your risk of getting cancer? (1) Yes, quite a lot ____ (2) Yes, some ____ (3) Yes, a little ____ (4) No ____ ____

2. After reading this article, do you now think there is much you can do to reduce your risk of getting cancer? (1) Yes, quite a lot ____ (2) Yes, some ____ (3) Yes, a little ____ (4) No ____ ____

3. After reading this article, do you think your eating habits will change? (1) Yes ____ (2) No ____ ____

   If NO, why? (1) ____ I already eat the types of foods the article suggested.
   (2) ____ I don't think I can change my eating habits.
   (3) ____ I am not convinced that diet can affect my cancer risk.
   (4) ____ I am just not interested. ____

   If YES, how do you think your eating habits might change for each of these foods?

	(1) Definitely Eat More	(2) Probably Eat More	(3) No Change	(4) Probably Eat Less	(5) Definitely Eat Less	
Leaner meats						
High-fat dairy items, such as whole milk, cheese						
Fat added in cooking or at table						
Whole-grain bread or cereal						
Bran products						
Fruits						
Vegetables, especially dark green and deep yellow						
High-lysine foods or lysine supplements						

4. Have you ever smoked cigarettes regularly? (1) Yes ____ (2) No ____ ____
5. Do you currently smoke? (1) Yes ____ (2) No ____ If so, how many cigarettes/day? ____ ____ ____
6. Have you ever quit or attempted to quit?
   (1) No ____ (2) Yes, once or twice ____ (3) Yes, repeatedly ____
7. If you have quit, how did you do it? (1) On my own ____ (2) With my doctor's help ____ ____
   (3) At a clinic ____ (4) Other (specify) ____
   (5) Did you gain weight? ____ (6) lose weight ____ (7) remain at same weight ____ ____
8. Has this article influenced your intention to quit?
   (1) No ____ (2) Yes, somewhat ____ (3) Yes, very much ____ ____
9. How do you plan to do it? ____ ____

For Females Only

10. Before reading this article, how regularly did you take these preventive actions?

	(1) Never	(2) Occasionally	(3) Regularly	
Breast Exam				
By Self	☐	☐	☐	____
By Physician	☐ *	☐ *	☐	____
Mammogram or Xerogram (X-ray of breast)	☐	☐	☐	____
Pap Smear	☐	☐	☐	____

* **For women over 50:** (check each answer that applies to you)
Why are you *not* having an annual mammogram?

(1) ____ Too costly. ____
(2) ____ I have concern for modesty. ____
(3) ____ Hospital locations are too inconvenient. ____
(4) ____ Too time consuming. ____
(5) ____ Not suggested by my physician. ____
(6) ____ Not paid for by insurance. ____
(7) ____ I didn't believe it would improve early detection. ____
(8) ____ I felt it was unnecessary because I have no symptoms. ____
(9) ____ I am worried about the risk of X-ray exposure. ____
(10) ____ I fear the test might give a false result. ____

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11. After reading this article, do you intend to ask your physician about:

Breast Exam			
By Self	(1) Yes _____	(2) No _____	_____
By Physician	(1) Yes _____	(2) No _____	_____
Mammogram or Xerogram (X-ray of breast)	(1) Yes _____	(2) No _____	_____
Pap Smear	(1) Yes _____	(2) No _____	_____

Please complete the following:

Age _____ Sex: (1) M _____ (2) F _____ Years of Education _____ __ __

Ethnic Group: (1) White _____ (2) Black _____ (3) Hispanic _____

(4) Native American _____ (5) Asian or Pacific Islander _____ _____

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with early stage breast cancer will undergo the standard treatment in this country—modified radical mastectomy. That's a very good cancer treatment. We have a lot of experience with it. But we don't have as much experience with the lumpectomy and postoperative radiation therapy for the rest of the breast. What we are trying to do here at NCI is to determine in a scientific way if that procedure—removal of the lump and the administration of radiation therapy—is as good a cancer treatment as modified radical mastectomy.

Radiologist Valerie Jackson demonstrates mammography, which should be done annually on women who are 50 and older. Incidence of breast cancer is much higher in women past 50. Patients are advised to ask their doctor where low-dosage X-ray equipment is available.

Now in order to do that, we have to be very careful. It's possible for me, as a physician, knowing what I know about breast cancer, to take a patient and to look at certain characteristics and for me to make an estimate as to whether that person is going to do well. I can also look at another person and say, "O.K., I think this patient isn't going to do very well at all." If I have two treatments, I can say, "I'm going to give all the patients that I think are going to do well treatment A, and I'll give all the patients that I don't think are going to do well treatment B." Now, if I go back and look at the results of that treatment in five years or ten years, what happened? Treatment A—where all the patients who I've picked were going to do well—treatment A is going to look terrific. And treatment B is going to look awful. That doesn't say anything about the treatment, that just says something about my ability to pick patients. That's the objection that a lot of doctors have made about offering patients lumpectomy and radiation therapy. They say that treatment looks good because the physicians who give it have picked good patients. What we are doing here is picking all patients who are early-stage breast cancer, who we think are suitable for this trial, and then letting the computer pick out the treatment that patient will receive. In this way, we don't bias the outcome, and we'll have a true answer as to which treatment is better, if one is better than the other. I should mention to you that as part of the mastectomy treatment, we offer everyone breast reconstruction, and I encourage them to have that.

Clearly, there are women who know which treatment they want, and that's O.K. They can get that treatment. They can get good treatment. But there are patients who don't know which treatment is best. The decision is very difficult and those undecided patients do very well here. I think all of our patients feel very good because they know that they are contributing to what happens to all of the other American women, besides getting good medical treatment. We are very grateful to our patients for coming here and participating in this study. We feel that because they are contributing to our knowledge, we need to provide them with all of their medical care related to their breast cancer. Once someone comes here to the NCI, we provide their physicians and we furnish their tests, we provide their surgery, we provide their drugs and we bring them back for a follow-up. We put them up in a hotel if they need tests, or things like that.

Dr. SerVaas: How many women do you need to have statistically significant results?

Dr. Findlay: I think we would be very confident in the results that we get from the study if we had a minimum number of 250 patients in the trial. We'd like to have 300, but we can do it with 250.

Dr. SerVaas: Do you think that doctors in the past may have been giving patients the lumpectomy when they were young and attractive and still had a lot of sexual interest?

Dr. Findlay: It's interesting. I think that there are physicians who have said, "Well, people who are younger are more interested in preserving a breast than people who are older," but I had a number of experiences in treating patients 75 and 80 years old who were just as interested as people who were 20. I think that this may not be quite so well understood by a number of doctors—how important the body image is to women.

Dr. SerVaas: How long will the study go on? Until the NCI has something to say to women?

Dr. Findlay: Well, certainly we are planning on continuing to follow those women who are entered into the study for a long period of time. Hopefully, longer than ten years. This doesn't mean that it would have to be ten years before we could get some meaningful results as to which treatment is better.

Dr. SerVaas: So you're saying that you might be able to release some information about the study sooner?

Dr. Findlay: Oh yes. Ideally, we would like to have an average follow-up of patients in the study of about four years. We could really make some substantive statements at that point about the results.

Dr. SerVaas: You'd probably like to get the entire 250 to 300 women under treatment as soon as possible so that you wouldn't have a long time between the first one begun and the last one to enroll.

Dr. Findlay: Exactly.

Dr. SerVaas: Could you give us any criteria for participation? Are there any women turned down because

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PUTTING MY BEST FOOT CROSSWISE

Why would anyone buy ski equipment and travel clear to Aspen when he can break a leg just as easily in the comfort of his own home?

by Maynard Good Stoddard

Illustrated by Don Trawin

I had interrupted my wife's evening monologue, something about knitting a scarf for the neighbor's cat, to read the staggering prediction that there will be 4½ million home accidents in our country this year.

Give the woman credit (every store in town has—why should *you* be an exception). No sooner had she run that figure through her mental maze than she came up with the definitive answer. "Let's move," she said.

Now, that reply is not as stupid as *you* might think. (I'd rather stay out of it, if you don't mind.) In fact, if we were to move into a house without stairs, bathroom or windows (the house we moved into here in Freedom, Indiana, has windows), the idea would be one of her best. Stairs alone account for nearly half of all the headers that keep our nation's fracture wards in business.

Eventually I came to join the stairs bunch. But before that, proud little old me wasn't going to have friends coming in to scribble graffiti on my leg cast as the result of a mundane fall down the stairs. And since I couldn't afford to get my bell rung, as they say in football circles, on an Aspen ski slope, I did the next-best thing and took to the roof.

My first escapade of note was coming down the ladder, after cleaning out the porch gutter, without benefit of hands. While my dear wife was thoughtfully draping the welcome mat over me until she could get help, she suggested it perhaps would have been better if I hadn't had the vacuum cleaner in my arms at the time.

My next exploit proved even more colorful, thanks partly to a windstorm that reportedly blew all the feathers off a flock of chickens in the next county. But when my schedule calls for painting the TV antenna, no 90-mile-an-hour gale, or wife, or common sense is going to interfere.

Wedging a can of spray paint into my coat pocket, I climbed the ladder to the roof, inched my way up to the antenna (one of those tall suckers having its own narrow ladder) and worked my way to the top. In the process my hat sailed off to join the chicken feathers in the next county and came within three fingers of taking me with it. But I managed to work the can out of my pocket, took aim at one of those aluminum arms —and got the first, and only, shot squarely in the face.

My glasses completely covered, I fumbled my way down to the roof, then mistook the rose trellis for the ladder to the ground. Luckily, my dear wife happened to see me crawling past the basement window and came up to ask if she could help me look for something.

That's the scary thing about home accidents. A guy can eat fiber until it comes out his ears and have one of those high, intelligent foreheads that require him to stoop for doorways, and still these things happen. The scars on my high, intelligent forehead didn't all come from banging into my dear wife's cast-iron macramé pots. I've worn this star-shaped one ever since the Christmas I tried to place the star atop the tree from a scaffold consisting of the recliner chair, the footstool and the shoeshine kit. Fortunately, the tree went with me, or I might not be around to write about it.

The skateboard incident I hold not so much against the kid who left the dumb thing in the upstairs hallway as against the new bifocals that led me to mistake it for the floor. Now that I have recovered, except for a slight hitch in my left leg during rainy weather, I'm thinking of writing to the Olympics committee and suggesting they add the event to their games in 1988. After all, there's not that much difference in the *luge*, which has a man coming down the track lying on his back on a bobsled, and the *lunge*, where the man comes down the stairs lying on his back on a skateboard. As for thrills, according to my family it's no more exciting to see a sled leave the course and go into a stand of poplars than to watch a man on a skateboard shoot over the stair rail and disappear behind the sofa. But I wouldn't know.

Then, no sooner had I adjusted to bifocals to where I could board a bus on my feet instead of my shins than my optometrist warned me: "We still aren't feeding our corneas." I told him I would leave a saucer of warm milk on the nightstand every night and our corneas could help themselves.

But no, he insisted on moving me from bifocals into more prestigious three-deckers. And I began adjusting to them all over again.

Which brings us to the night we had the Haineses for dinner. With mint sauce, they're delicious. Okay, I'll rephrase it. The night we invited the Haineses for dinner.

Having forgotten the Haineses' unsociable habit of being on time, we were still upstairs dressing when they rang our chimes. Now, unfortunately, our front door was designed with one of those beveled-glass panels that permit a caller to peer in and see if we are trying to hide or perhaps hightailing it for the back door. On this occasion what the peepers saw was me, in shirtsleeves and my new trifocals, rushing down to let them in, mistaking the bottom step of the stairs for the floor and instead of turning toward the door plunging across the living room to end up draped over the tele-

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The radio suddenly coming alive in a spooky attic can suddenly kill a man.

vision with a fractured pelvis. And there's nothing more uncomfortable than sitting around all evening making small talk with a busted pelvis.

The night of April 14, Income Tax Frenzy Night, as it's known at our house, I was required to go up to the attic to check my "long-term capital-loss carry-over from years beginning after 1969" on Line 18, Part 11, Schedule D, Form 1040. Our attic is spooky enough at best. At worst, which is late at night with wind moaning through the pines and branches brushing the windows, you can have it. Even the hardy Mr. T might have chosen to take a liberal shot at the carry-over figure.

Not even the girls' sign, "NO BOYS ALOUD," still thumbtacked to the attic door, could have prepared me. By a stroke of luck I *did* remember to duck my head past the landing to avoid being scalped by the battery of nails that protruded a good inch or more through the roofing boards. What I didn't remember—the girls had taken an old radio up there, presumably to keep abreast of world events while cutting out paper dolls. And what I didn't know at all was that the radio had begun warming up when I hit the attic light switch.

I still believe if the thing had only come on with music, or even a newscast, I might have held my ground. But when out of the shadows cast by that naked light bulb a Kissinger-type voice intoned, "Vun more step und you are a dead man!" I not only took vun more step, but it was a dandy. And in the process the nails puncturing the roof boards were the furthest thing from my mind—figuratively speaking. Actually, they combed my hair well below the scalp. And for the next two weeks I could have rented my forehead out as a cribbage board.

Stairs accidents don't necessarily have to be physically painful, I have learned, in order to make a lasting impression.

The one that promises to last me as long as I last goes back to the afternoon my office buddy Ed rushed me home from work to change clothes and to grab my golf clubs in hopes of beating the crowd to the first tee at River View. Dashing into the house and up the stairs, I got as far as the landing before I noticed that I had come out of my shoes. They were on steps two and four from the bottom. And my socks were now stuck to the landing.

"Don't use the stairs!" my late wife yelled from the basement. "I just varnished them!"

With great presence of mind, I quickly slipped out of my socks and mounted the rail to slide back down. Only the rail had also been varnished. So there I hung when Lois came rushing up to make sure I wouldn't sully her handiwork. And when Ed finally came to the door and peeked in to see what the holdup was, what he saw was Lois up on the stepstool trying to help me out of my pants. Nor would he wait for an explanation. I'm not sure just what kind of word he spread. Whatever it was, it's still spreading.

A playboy acquaintance of mine who heard I was working on this piece almost had me convinced that the best way to avoid home accidents is to show up at home as seldom as possible. The other day when I met him he was sporting a black eye. So there goes that.

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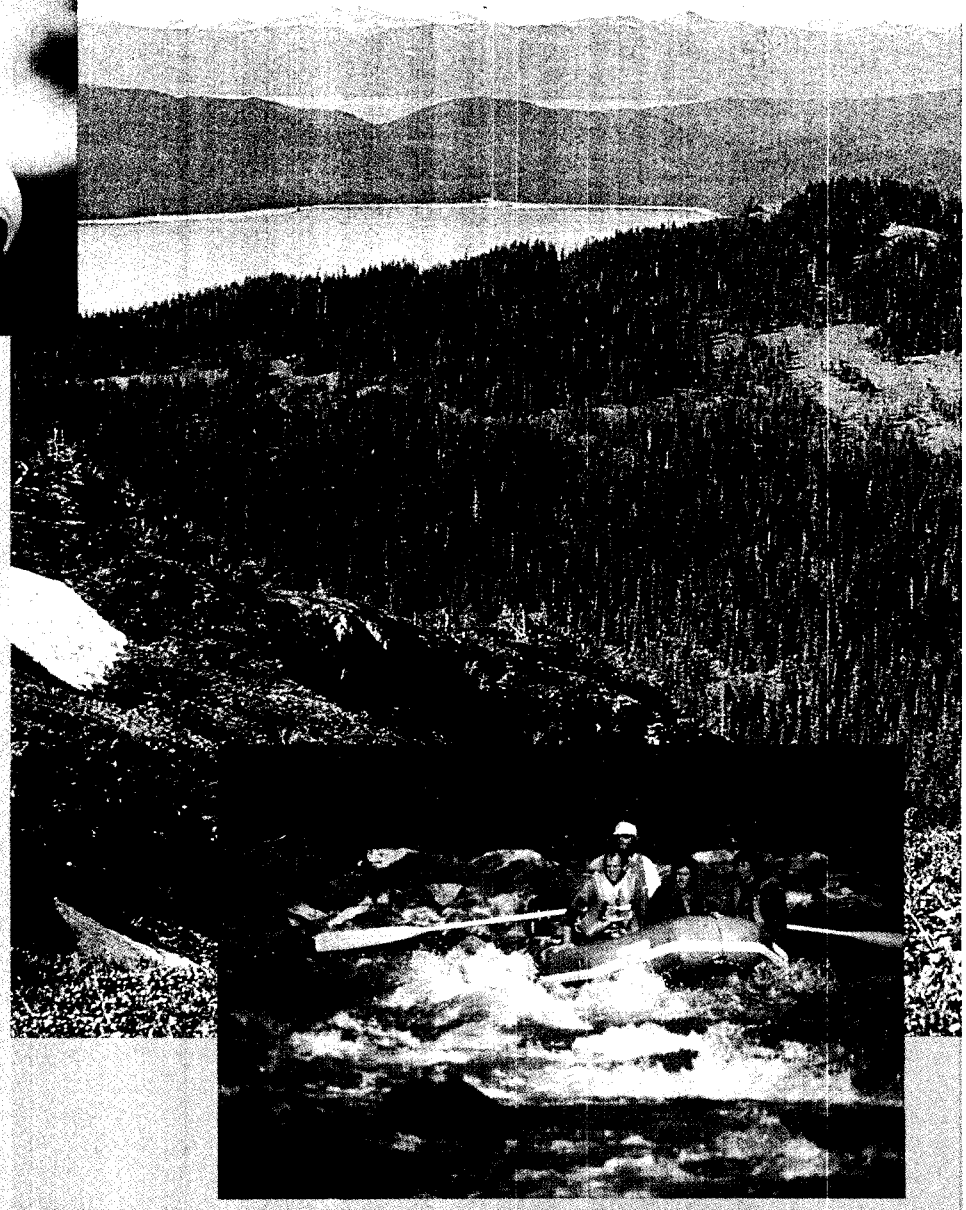
A quarter century after Alaskans won their hard-fought battle for statehood, the "can do" spirit still prevails among the new generation.

As a boy in Indianapolis 50 years ago, I certainly wouldn't have predicted that I would someday represent Alaska in the U.S. Senate. Alaska wasn't even a state then; in our geography and history classes, we learned about a vast territory with little chance of becoming a state. Alaska was as remote to me then as the struggle for statehood is now to the generation that has grown up since the 49th star was added to the flag.

The excitement and celebration the day statehood was assured in Alaska have never quite been duplicated, although a special vitality remains. It's apparent in the attitudes of most Alaskans today—that anything can be accomplished.



The years leading up to the signing of the statehood act began in 1916. Alaskans repeatedly petitioned Congress for statehood status, but the requests never made it through the legislative process.

Yet some Alaskans kept plugging. Their names are in the Alaskan history books, and every fourth-grade student in Alaska reads of their struggle.

Congressional delegates James Wickersham, A.J. Dimond and Bob Bartlett, later senator, continued to push for statehood. But Alaska's lone, nonvoting delegate

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to Congress wasn't given much more consideration than the proverbial poor relative.

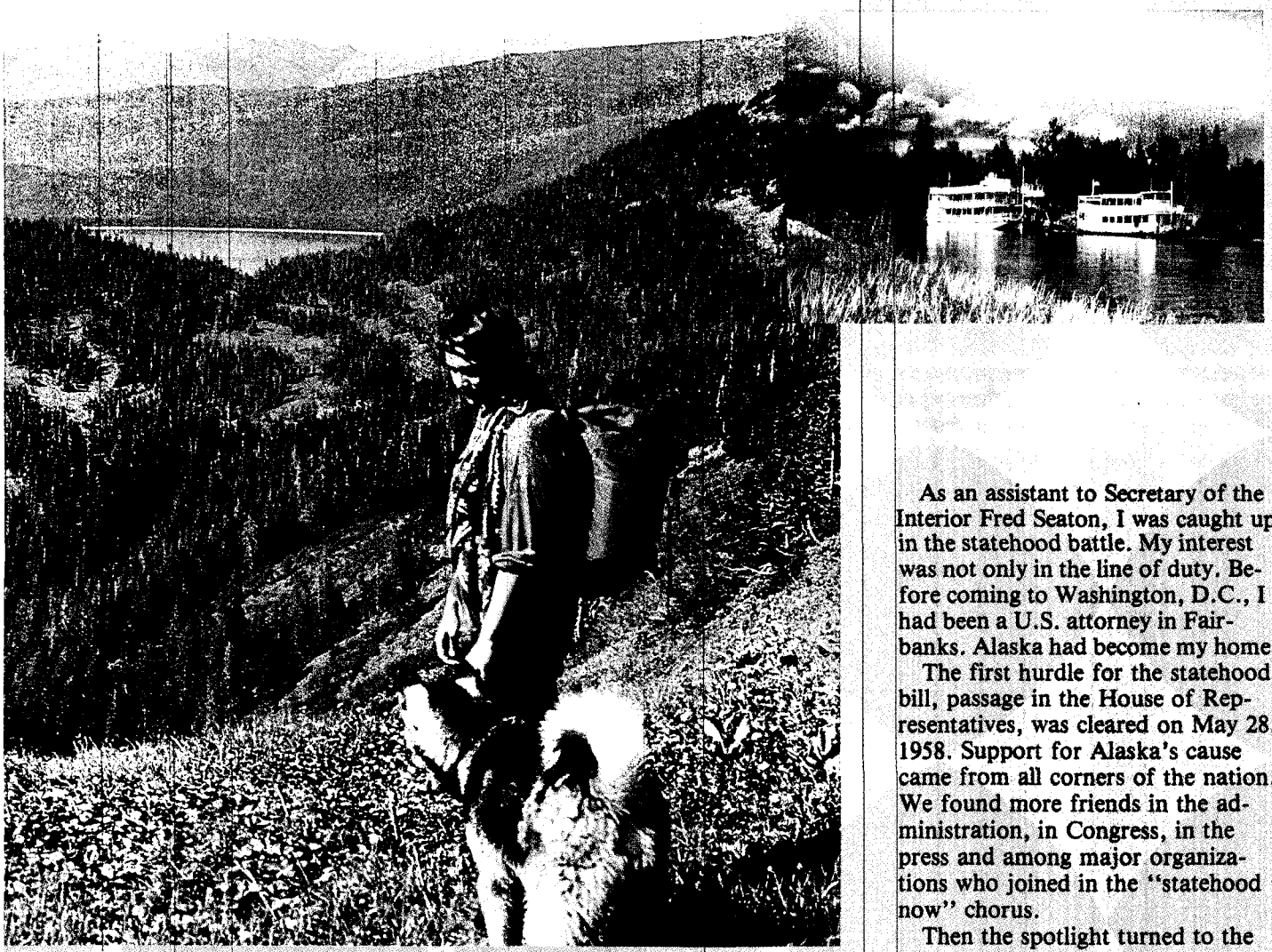
Many of the arguments against statehood centered on the territory's small population. Why should so few people have the same representation in Congress as states with many times more citizens?

Another argument was Alaska's distance from the contiguous 48 states. It's too far from the nation's capital, opponents said.

Even the people of Alaska were regarded by at least one critic as a detriment to statehood. "I do not believe that the people of remote areas, such as Alaska, can be expected to come to grips with the weighty problems which we constantly confront in the modern United States. I think it would be expecting too much of those people to suggest that they could understand our problems as well as they are understood by those who live in the United States," he said.

You can bet that statement did not sit well with Alaskans. But Alaskans continued coming to Washington, D.C., to present their case. They wrote to the President, to Congress, to their relatives in other states and tried to awaken them to their cause.

Those Alaskans, many of whom are still living, finally found some champions during the Eisenhower administration. Some members of Congress began to think a statehood bill might succeed. The real push was on.



As an assistant to Secretary of the Interior Fred Seaton, I was caught up in the statehood battle. My interest was not only in the line of duty. Before coming to Washington, D.C., I had been a U.S. attorney in Fairbanks. Alaska had become my home.

The first hurdle for the statehood bill, passage in the House of Representatives, was cleared on May 28, 1958. Support for Alaska's cause came from all corners of the nation. We found more friends in the administration, in Congress, in the press and among major organizations who joined in the "statehood now" chorus.

Then the spotlight turned to the

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Senate. Those of us working in Washington, D.C., knew that the Senate would have to pass the House bill without amendment. If the Senate altered the bill, it would have to go back to the House for approval, giving the House Rules Committee the opportunity to kill the bill as it had in previous years.

Opponents of statehood in the Senate tried to attach controversial and often unrelated amendments, but Alaska's friend and neighbor, the late Sen. Henry "Scoop" Jackson of the state of Washington, led bipartisan support for the statehood bill on the Senate floor and successfully fended off efforts to change the bill.

On June 30, 1958, the Senate passed the bill by a 64-20 vote. The battle for statehood was won.

The Senate erupted with cheers, and the gallery, filled with Alaskans and statehood supporters, went against all the rules and clapped and cheered as well.

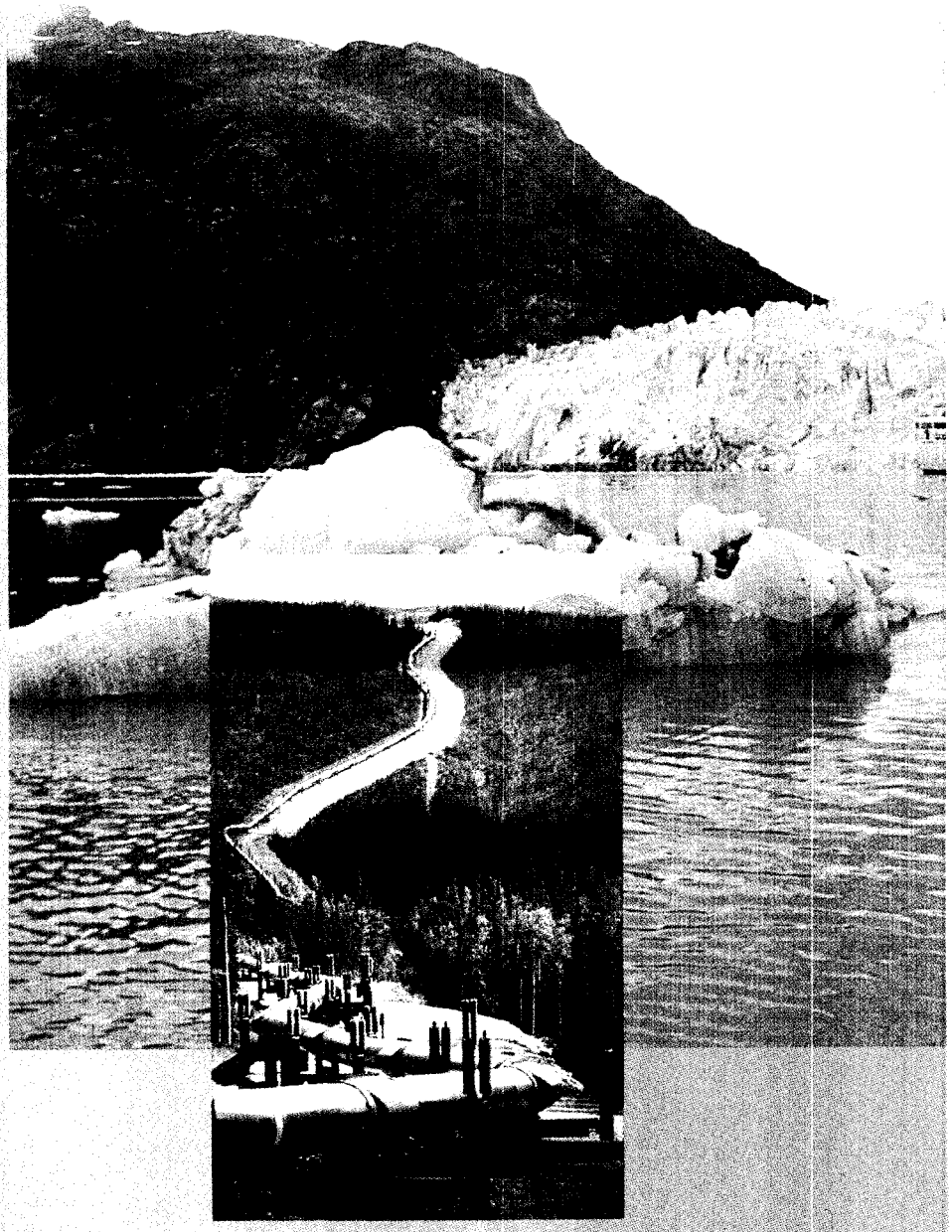
Within minutes, Alaskans across the state received the news, and pandemonium was the order of the day. People poured into the streets to shake hands and slap one another on the back. The people of Fairbanks tried to dye the Chena River gold and floated a 30-foot star bearing the numeral 49 over the downtown area.

Anchorage citizens lit a huge bonfire using one ton of wood for each of the 49 states and an additional ton for Hawaii, whose cause for statehood Alaskans well understood. The *Anchorage Times* took up half its front page with the headline "WE'RE IN!"

A few days after Senate approval, President Eisenhower signed the bill and made the official date of entry into the Union January 3, 1959. We had realized our first goal. No longer would Alaskans travel to "the States" when they went to the Lower 48. They were a state; they would merely travel "outside."

Today's young Alaskans, those of that new generation, have some different goals and concerns from those held by the men and women who fought for statehood. They also share some of the problems still to be solved after 25 years.

With statehood, Alaskans won a voice in their state's destiny, and we've been a vociferous group ever since. We have worked to extend the benefits of education and communication throughout our state and have begun development of our great natural resources without reducing our commitment to protecting Alaska's natural wonders. Current assesments show that fewer than 200,000 of our 375 million acres have been touched by man, either through settlement or resource development. Our population has more than doubled since statehood, and this year we reached the half-million mark, census estimates say.



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Alaskans have dealt with some major issues since their entry to the Union, but land—conveyed to the state or to the native corporations—remains of prime concern.

It must be remembered that all of Alaska was federal land, purchased by the federal government from Russia in 1867. Although mineral-rights legislation was enacted as gold, coal and other minerals were discovered in the 19th century, the rights of the natives to their traditional lands were never addressed.

Homesteaders pioneered, fishing operations and canneries began and the railroads opened up parts of the interior from ports that had begun to thrive. All that activity was obviously paving the way for private ownership of some of the federal land.

After statehood, following the discovery of major oil and gas deposits on the North Slope of the Brooks Range, it was even more apparent that the ownership of land in Alaska had to be defined.

The first major issue to catch the world's attention after statehood was the discovery of oil on Alaska's North Slope in 1968. Alaska's first exploratory oil well was drilled in 1898 on the Kenai Peninsula south of Anchorage, but it was Prudhoe Bay, its recoverable reserves estimated at more than one-quarter of the known petroleum reserves in the United States, that awakened much of the world to Alaska's potential.

Alaskans were, once again, caught up in a battle as they sought authorization for a pipeline to carry the oil. Care would be the byword as the 800-mile pipeline was constructed.

The Alaska Native Claims Settlement Act (ANCSA) in 1971 was the second major legislative issue concerning Alaska to capture national attention.

More than 80,000 Alaskans were certified as natives under the act, which provided that they might select 44 million acres and receive $1 billion. Thirteen regional native corporations were set up under

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BOB HOPE: LIVING ON LAUGHS

The joke business keeps his bank account fat. But more important, he says, "The fun and laughter keep the juices flowing."

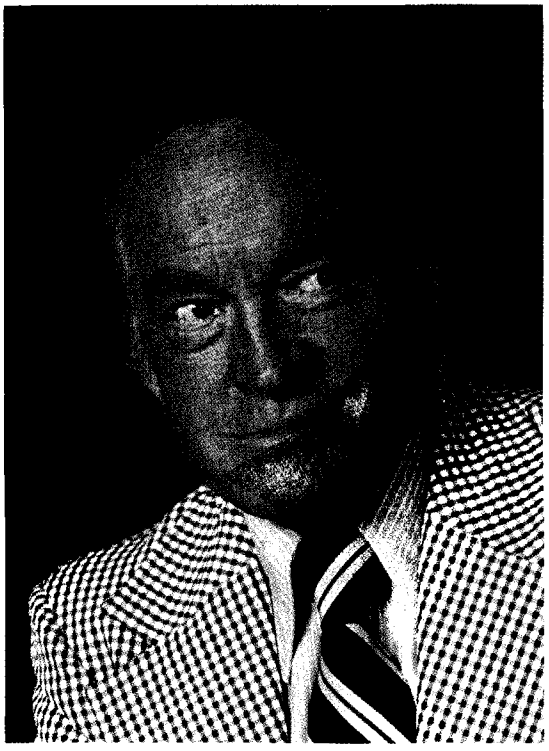
by Maynard Good Stoddard

Part II: We had come to the beautiful Hope home in North Hollywood to discover how this happy octogenarian continues to go-go-go when many of his peer group are gone-gone-gone. We waited in the office while Kathy, Bob Hope's gracious secretary, went out to corral the guard dogs. Then we followed her across the courtyard and into a home-within-a-home that Hope would identify as the room "where everybody congregates."

Here, seated around a small, wrought-iron table that looks out upon the groomed lawn and gardens, we managed to wedge questions on fitness and health in between Hope's running gags that kept us laughing.

We learned that Bob Hope quit smoking 40 years ago. . . eats stewed fruit for breakfast. . .doesn't drink hard liquor. . .takes Subrex T vitamins and niacin. . .plays golf every day if possible. . .walks the dogs three times around the Hope compound at night. . .loves to dance—and the fun business he is in "keeps the juices flowing."

Meanwhile, back at the table, we continued our editorial prying.



That impish gleam in Bob Hope's eyes has not faded with the years, nor has his romance with Dolores (left) whose singing voice brought him to his knees in a proposal of marriage 50 years ago.

Stoddard: In tracking your yearly activities, we found that in 1981 you starred in five 90-minute specials, were the main speaker at 35 testimonials and roasts, did 23 guest shots on talk shows, appeared in six telethons and in 24 one-man campus shows and spent 12 weeks touring fairs. Has your pace slowed at all?

Hope: I wanted to cool it a little, but I haven't. It just moves, just flies. It's my fault. Right now I'm playing five shows for the Case Tractor people, five conventions in 12 days.

Stoddard: You did one last night?

Hope: Last night in Phoenix. Left here at 3:30, plane left at 4:45, got to Phoenix at 7:00, a car drove me to this beautiful hotel on the side of a mountain, went on at 9:00, came off at 10:00 and I was dropped back here at 11:00. There's an hour time difference.

Stoddard: I'm exhausted just hearing about it.

Hope: Today I've had a heck of a schedule. I just tried getting through the traffic to the dubbing room to look at my show that's going on a week from Monday.

SerVaas: Do you mean you work that close to a showing?

Hope: No, but today was the final day for dubbing, and they asked me to take a peek at the show.

SerVaas: Do you have your own jet?

Hope: No, I don't have my own airplane.

SerVaas: Why *not?* [incredulous]

Hope: You know, you sound like my wife. Actually, this thing about my money is all wrong, and I'll tell you how it happened. In 1970 *Time* magazine did a cover story on me and went around asking questions of about 20 people. When it came to the important part about my estate, they asked a fellow who hangs around backstage. He said, "Oh, Bob is worth a half a billion dollars." And they wrote it up without conferring with my lawyer, my tax man or me. A half a billion! I wired them, "If you can find it I'll split it with you." Then *Forbes* came out a year ago with the story that I was worth 280 million, and I screamed at them. This year they cut it by 80 million, so now I'm worth 200 million.

SerVaas: You had a bad year.

Hope: A bad year—I lost 80 million.

Stoddard: I was going to ask why you didn't take care of this year's federal deficit out of petty cash, but I guess I won't.

Hope: I do a whole routine about my wife tearing up every rug and mattress in the house looking for it—and I was helping her. How can I make that kind of money?—I don't play basketball.

Stoddard: I saw a list of "fat cats" that had you running third, if I recall correctly.

Hope: I was right alongside of David Rockefeller. Actually, I couldn't even carry his golf bag. I do have a lot of property in the Valley that I bought 34 years ago. If I could sell that. . .but it's just like an annuity—it keeps going up in value because there's only so much property here. But you own all that

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property, they say. I say, that's true, and I'll sell it to you for half what you think it's worth.

Stoddard: Do you still pay a half million a year for writers?

Hope: I've paid a lot for writers, but never that much. It's difficult to get just the right material, and I've been lucky over the years. I've had great writers. Some of them that started with me are now producers and directors. I had one team for $80 a week in 1938 who later did a picture for me at Paramount called *My Favorite Blonde*, and they got $250,000 for the picture. If I had time I wrote monologues with a fellow, Willie Mahoney, when I did the "Hollywood Parade." I've worn out three or four guys. Norm Sullivan was with me about 40 years before he retired. Charlie Lee retired after 32 years. Gig Henry used to get on the phone with me from New York and we'd talk, talk, talk. He quit me after 28 years.

SerVaas: How many acres do you have here?

Hope: Six. And do you know what we paid for this house when we built it?—$35,000. The first re-do cost $420,000. We opened the sides all the way down. And the kids kept changing it. I'd get off the plane from some trip and they'd say, "Wait till you see what we've done to the house now."

Actress Ann Jillian is the lovely rose between the barbs in a uniformly funny meeting between Hope and perennial laugh-getter George Burns.

SerVaas: This is your family room?

Hope: We have a living room in there and a dining room and a library. But this is where everybody congregrates.

Stoddard: How can you leave this place to travel more than half the year?

Hope: If you saw our place at Palm Springs, you'd think I was crazy for traveling at all.

Stoddard: I thought that house burned.

Hope: No, only the roof burned off. We were lucky. That's all that was really built, the roof.

SerVaas: Do you have other houses?

Hope: We have a couple more down there.

Stoddard: [Gesturing] Is that Leroy Neiman painting of Pebble Beach?

Hope: That's that famous hole at Cypress. Bing was supposed to have made a hole-in-one there. It's a carry of about 210 yards. I said he must have been playing alone.

Stoddard: You have a one-hole course here?

Hope: [Taking us to the window] See the green over in the corner? You can play it from way back, or from here, or from right over there with a little wedge shot. Whatever you feel like.

SerVaas: [Back to the table] You know, you are old enough now to run for president. Have you ever thought about it?

Hope: No, but I poll the audience all over the country. I ask how many are for which party. Then I make a lot of jokes about it. And invariably someone will yell out, "Why don't you run for president?" I say, "The money's not right, and besides, my wife wouldn't want to live in a smaller house."

SerVaas: Would you vote for Charlton Heston if he ran?

Hope: Charlton Heston?

SerVaas: What do you think of actors in the White House?

Hope: Well, I think certain actors are qualified to run. I thought Reagan was. He had a lot of experience. He's always been a speechmaker from the time he was president of the Screen Actors Guild.

Stoddard: I've been wondering about his hair. We're about the same age and look at mine. Do you think it's Grecian Formula?

Hope: It's beautiful, I know that. I keep saying I hope his hair stays that color forever. He was out here for lunch last year and I said, "Gosh, he looks good. I hope I look that good when I'm his age."

SerVaas: I think the good fun you've brought to this country is absolutely marvelous, the people you've entertained and all the joy you have given the soldiers and sailors overseas.

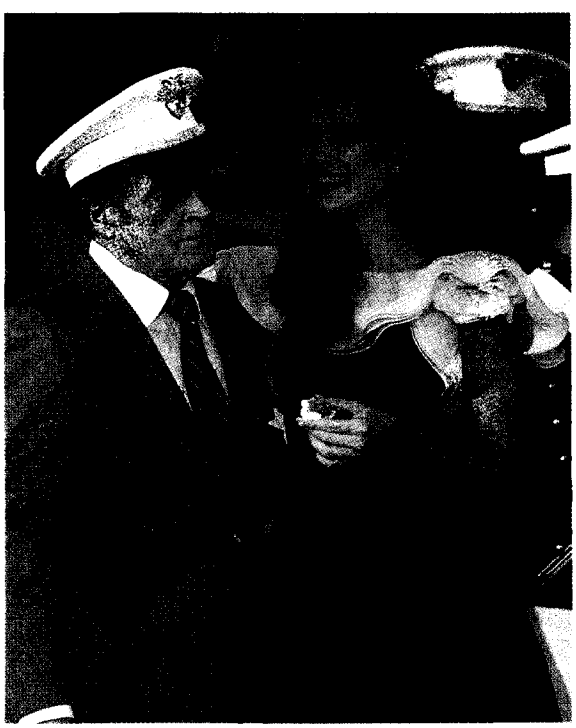
Hope: I was so gratified today. I got a marvelous letter from Mrs. Quarterman. Her husband is captain of the *Guam*, the ship we stayed on for our Lebanon shows. Did you happen to see those shows—where Cathy Lee Crosby sang to him? Mrs. Quarterman wrote about what a kick she got out of it. She hasn't seen him now for 14 months.

SerVaas: Oh, really.

Hope: And he's coming back soon, and she wondered if I could be there. Well, it just so happens that I might be able to be in Norfolk when the ship arrives. They were all so marvelous. We stayed five nights with them.

Stoddard: You showed a lot of faces to loved ones back home.

Hope: Cathy Lee sang to the captain. Remember the spot? Sang



Bob Hope may have suffered many a hardship entertaining our troops overseas, but trading quips with Brooke Shields is not one of them.

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about sex or something. And she was wearing—or almost wearing—this red dress. Mrs. Quarterman wanted to know if I could get that red dress for her to wear when John gets off the ship. Wouldn't that be a beautiful thing? He'd get such a kick 'cause he's such a helluva guy.

SerVaas: That was really a great show.

Hope: Those audiences, they inspire you. And those four gals were so great. They all stayed up at night, but I went to bed. The captain gave me his quarters and he slept on the bridge. But I didn't know it was quieter on the bridge than it was in his quarters because the helicopters landed right on top of it. He didn't mind because he was always up by that time. I didn't get up until 9:00 if I didn't have to. The girls would go up to the ward room and sign pictures. They had 5,000 printed, and there was a printing thing on the *Independence*, one of those carriers, where they kept on printing them, and the girls would just sit there half the night and sign them.

Voice: Am I interrupting? [No introductions are necessary. It is Dolores, Bob's lovely bride of 50 years, attractively dressed in cuddle-soft cashmere sweater and pants, with the muzzle of a little black puppy peeking out from under her chin.]

Hope: I don't believe it. . . . I don't believe it.

Dolores: This is Toby's son Buffy. Buffy, this is your grandfather.

Hope: He's big.

Dolores: And full of beans when he's on the floor.

Stoddard: How old is he?

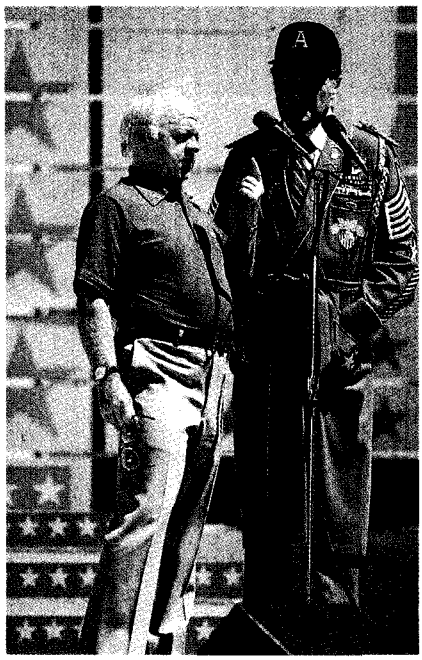
Dolores: About nine weeks. He's a little shy [the puppy has his muzzle under her chin and is shivering] and I think it's our newspaper time—if you'll excuse me.

Hope: Can I get you a drink? I've got to have some water or something. [We adjourn to a small refrigerator where he pours soft drinks.]

SerVaas: Could you tell us why you have that ring on your little finger?

Hope: That's Dolores' baby ring. I don't like jewelry. I can't stand a lot of rings.

SerVaas: And it's been on that little pinky for 50 years?



Though it's apparent that Mickey Rooney and Hope aren't seeing eye-to-eye, it's nothing that a potato crate can't fix—if Mickey stands on it, that is.

Hope: That's right. I put that on at the Lexington Hotel in New York. Her mother claimed that I was stealing it. I've always said that we've had this great association because Dolores has had a lot of faith in my ability as a comedian and a lover. I just wish she'd remember to stop laughing.

Stoddard: Is it true she didn't like your song, "Thanks for the Memories"?

Hope: No, she didn't think much of that song.

Stoddard: But at her nightclub act she trapped you by singing "It's Only a Paper Moon."

Hope: Yes, that's right.

Stoddard: Do you do the Kiwanis show at the Rose Bowl brunch?

Hope: No. But, as I said, Pat O'Brien and I were regulars at the Big Ten bash every year until he passed away. He had a funny gag. He'd say, "This guy said, 'My wife's an angel.' The other guy said, 'You're lucky, mine's still living.' "

Stoddard: I heard Pat tell a dozen or more jokes after his performance at the Derby Playhouse in Clarksville, Indiana. [Hope leans forward.] One was about Pat and his wife riding home from town in a wagon when a policeman rode up and said, "Pat, your wife fell out of the wagon about three miles back!" Pat said, "Thank God. I thought I'd gone deaf." [Laughing, Hope falls back in his chair and clasps his hands together as if he'd just captured

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Grand marshaling is but one of comedian Bob Hope's "extras" in a schedule that would have younger men crying for retirement. "It's my own fault," says the octogenarian. "I just can't say no. Besides, mine is a fun business—and that is what keeps me going."

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ANTIQUES ARE WHERE YOU FIND THEM

The trail may lead from the attic to the auction and the barn to the bookstore, but to make a profit in the antiques marketplace you've got to know treasure from trash.

by Jean E. Laird

It happened in one of those dingy antiques stores that specialize in things grandma threw out because they were too old to be stylish any longer. The tall man picked up a blackened pitcher from the counter heaped with glassware and held it to the light. "How much?" he asked the dealer.

"Fifteen dollars." After a few moments of silence, the dealer added, "Well, I guess maybe I can let you have it for ten dollars."

The customer handed the dealer ten dollars and walked out, trying not to seem in a hurry.

Today that pitcher stands in the Glencoe, Illinois, home of Len Weinzimmer, who teaches about antiques at night in local high schools. "There are six or seven of them, in the museums, in the world," Weinzimmer says. "It's a Rockwood ewer made in 1892 in Cincinnati. The Berlin Museum bought one new in 1893 and paid $176. There were only 918 ever made. It was a rich man's item. I paid $10 for it, but it is worth $1,500," Weinzimmer adds.

Just because an object is 100 years old doesn't necessarily mean it is an antique. A piece of junk made 100 years ago is only a 100-year-old piece of junk. And styles in antiques change. A real "dog" on the market last year might be all the rage this season. "The hottest item right now," says Weinzimmer, "are those old brass beds, the kind people gave to the scrap drive during World War II. Some bring as much as $800."

Another well-known expert on antiques says, "If you are a collector at heart, the items you can buy can become your wisest investment. You can turn your leisure hours into one, big, fun-filled treasure hunt."

Let's say you are cleaning out your grandmother's attic and you come upon some yellowing letters or documents. Don't hastily pitch them out—they could be of value. A family in Missouri came upon a cache of Civil War letters penned by a great-uncle who had fought in the Union army, when he was 15 years old. Although the long-dead soldier's name meant little, his detailed descriptions of battles and army life imparted great value to the sheaf of 20 letters found in an old suitcase. This batch of yellowed, brittle correspondence was sold for $2,000 to a Civil War buff in Philadelphia who regularly advertises in magazines and newspapers offers to buy memorabilia of that era.

Norman Crider, director of the Antiques Center of America, in New York, says, "We're at a time in history when there are more antique collectors than ever before." As an example, Crider reviews developments in the field of Art Nouveau—artifacts of the early 1900s. He says: "A pair of Tiffany bronze candlesticks are priced at $200. Three years ago, they sold for $80; ten years ago, they would have been bought for $10. Or that iridescent blue Tiffany vase—worth $25 ten years ago and $110 three years ago—is now priced at $275."

Should you happen to come upon a letter handwritten and signed by President John F. Kennedy, it may be worth considerably more than a letter bearing the autograph of George Washington or Abraham Lincoln. The reason: President Kennedy almost never wrote letters by hand and seldom signed them himself. But Washington and Lincoln themselves penned many letters still in existence.

Even old political campaign buttons, auto license plates or streetcar tokens or transfers found in grandma's trunk may have surprising cash value. Throw nothing away until you look into the sale possibilities.

If you should happen to unearth an old dueling pistol or musket, consult a reputable gun dealer about its possible worth. Antiques dealers, as a rule, know much less about firearms. However, the experts warn—don't clean a gun, insert ammunition, fire it or alter it in any way.

Have you looked for paintings in your attic lately? The art world is filled with stories of people who walk in off the streets lugging an oil painting under their arms and who are totally unaware of the true value

continued on following page

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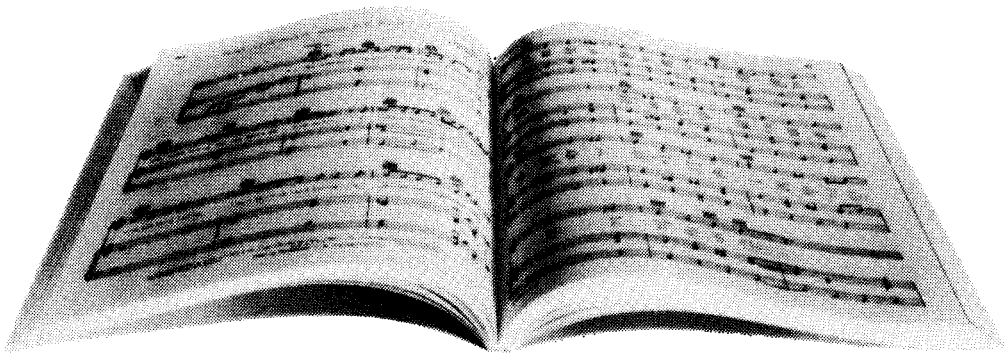

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of their art possession. Allan Rich, head of the gallery bearing his name in New York, says: "People come by great, forgotten paintings in the strangest ways. Some are family hand-me-downs, some are left in a will and others are just purchased in old bookstores or art galleries now out of business. It pays to have a picture certified, for you never know what the little signature at the bottom may mean."

He continues: "A dentist from Brooklyn walked in one day and had an etching wrapped in a brown paper bag. He thought it was rather worthless and asked $50 for it. I immediately noticed that it had a small signature in one corner. It was a Mary Cassatt, one of the great female painters of the last century. I asked him to leave the picture to have it certified. It had been purchased, the dentist told me, in 1925, and he just wanted to get his $50 back. When I had the etching certified, we finally got $3,200 for the picture."

In the art world, a painter who has little reputation today can be an artist of great repute in 10 to 20 years. Most people do not keep up with the art news and are in the dark about the true worth of their impulsive buy of long ago. This lack of knowledge is why some lady in Iowa who once purchased a still life at a county fair, or a man in Indianapolis who purchased a portrait in a secondhand shop years ago, may have a surprise in store.

Rich often tells the story of an artist, Elisee Maclet, who painted with Maurice Utrillo in 1906. When he wanted to purchase wine from a local pub, he would leave one of his paintings for payment. Many butchers, pub owners, bakers and other merchants held on to their so-called "little landscapes" by Maclet. When Maclet died, they were amazed to find out their paintings were worth $4,000 and up.

Many old Frederic Remingtons have been found out West, where this artist did his great cowboy and Indian paintings and other Wild West oils. Many are owned by people who chanced upon these pictures as reminding them of the Old West in its heyday. These little gems sell for $10,000 and up, once they have been taken out of the storage room or off the kitchen wall.

How can you distinguish the junk from the unique, and how can you spot antiques that aren't? What actually is an antique? A recent revision of the U.S. Customs Service law now defines any object that is 100 years old as a bona fide antique. Until a few years ago, the cut-off date was much earlier: 1830. To qualify as an antique (and enter the country duty-free), an article had to have been made before 1830.

"Though it doesn't specifically say so in your resume, I must assume that you were forced to leave your previous place of employment because you refused to remove your baseball cap."

Under the new law, the qualifying date is, of course, advanced with each passing year. For collectors, this new law has special significance, because it means items from the 1920s and '30s will be bona fide antiques in about 50 years. As a result, mother's old "junk" has suddenly assumed unexpected value and importance, and attics, barns, basements and root cellars are being searched with a gleam in the eye.

How can you tell if a piece is really old? The experts say: "Look for wear. The feet of any old piece of furniture should show signs of slow abrasions of time, and this is quite different from the deliberate physical distressing done with tools and sandpaper. Even porcelain and glass will show wear around the rims and bases. Drawer runners should always be examined for signs of considerable wear and tear from decades of friction."

How does a collector begin? The president of the Questers, a collectors' organization, suggests that the new antique collector concentrate at first on one style, period or type of antique and later expand into other styles. Decide which appeals to you the most. Perhaps you like glassware, china, buckles, clocks or even car parts. Don't simultaneously try to become an expert on many different types and try to guess which will be the hottest item among collectors in the near future.

They also advise that an item is valuable not because it is old; rather it is old and has survived because the owner cherished it and took care of it—because it was valuable!

The two ways one can learn about antiques are book learning and personal experience. Both are important. The books will give you facts such as historical background of the style and period of your choice, dates, characteristics of style, types of wood used, manufacturing methods, etc. You will find that the small-town and the neighborhood libraries are jammed with antiques books. Read and absorb the contents of at least four good books before you begin to buy. Many of the books on these subjects are in paperback for those who wish to own them instead of borrowing them from the libraries. Several magazines are on the market for the antique collector.

No matter where we live, we are surrounded by undiscovered treasures of every kind and description. In the homogenized, plasticized, everything-looks-the-same 1980s, old is suddenly beautiful. The collector often spends many spare hours nosing around in thrift shops, ready-for-the-bulldozer houses and flea markets.

If you shop around in secondhand stores and at the retail estab-

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lishments operated by such institutions as Goodwill Industries, look carefully at metal pieces heavily coated with dust. You will sometimes find real treasure beneath the grime accumulated through the years. Small secondhand stores simply do not have the time or manpower to clean and to carefully examine all the miscellaneous items they buy from private homes. If they did, they would probably raise their prices considerably. Occasionally, you will discover several pieces of cut crystal mixed in with a lot of molded glass. You may even find a dollar copy of a book with a valuable inscription.

Studies show that every day some 123 American farms break up and their goods go up for auction. (Check local papers or store and post-office bulletin boards for notices.) The next time you drive into the country, plan a side trip off the busy highways and go treasure-hunting in backroads America. You'll be surprised at what you will be able to discover.

Perhaps the antiques you were crazy about when you first started collecting no longer suit your taste, so you would like to sell them and use the money to buy whatever interests you now. Perhaps you are moving and would rather sell some of your heavier pieces than lug them along or pay transportation costs. Or perhaps a dealer has spied your fine collection of cut glass and has been tempting you by waving dollar bills under your nose.

At any rate, you should have them appraised by a professional appraiser. Be sure to get the appraisal in writing, on the letterhead of the appraiser or dealer who made it, so you can show it to your potential buyers. And a word to the wise: Even if you are not planning to sell your valuable collection, you should have it appraised anyway, for insurance purposes. In case of fire or other destruction, you will not get full market value for your antiques and collections unless you have a written appraisal to give to your insurance company. An old sales slip or your own estimate will not stand as proof of what your collections are worth today.

What is a collectible? Charles Marsten, an antiques dealer in Illinois, says: "In the last few years, many more people everywhere, have started collecting many more things. Anything no longer made could become a collectible today, especially if it can be categorized as 'Americana.' "

In the antiques trade, a "collectible" is anything substantially younger than 100 years old for which there is a demand. For instance, in 1925-26 the Bye-Lo Baby Doll was introduced by Montgomery Ward in its catalog, at prices ranging from $2.98 for the smallest to $7.98 for the largest. The doll enjoyed great popularity until the Depression, when money was scarce and it was forced out of production. Today, this doll is a "collectible" and called "the million-dollar baby." It is a favorite of doll collectors everywhere and sells at antique shops and shows from $150 to $550, depending on its size and condition.

In a way, antiquing can be a game of stumping the experts. Len Weinzimmer, the antique expert you met earlier who bought the $1,500 pitcher for $10, likes to tell the story about the graceful armchair his mother gave him years ago. It became a part of his furniture collection, and although he had never examined it thoroughly, Weinzimmer assumed it was from the Louis XV period.

One day the Weinzimmer dog, barred from a birthday party for one of Weinzimmer's four children, avenged himself by chewing up the upholstery of the chair. Weinzimmer had it reupholstered in a beautiful, green-leaf brocade. When his mother came to visit, he told her he had "the antique chair" re-covered.

"The antique chair?" she cried out. Then she began to laugh. "Antique? I bought it in 1932 at Goldblatt's."

A sense of touch and a sharp eye will become your most helpful aids in judging the antiques you wish for your various collections. With experience, patience and persistence, your antique-collecting days will be fun filled and profitable.

After your first "discovery," we promise, you will be forever hooked! You will pick up a store of knowledge all along the way and will find soul brothers wherever you happen to travel. You will have the joy of investing a little money, instead of just spending it, as you start a rewarding, absorbing hobby likely to last a lifetime. Happy hunting!

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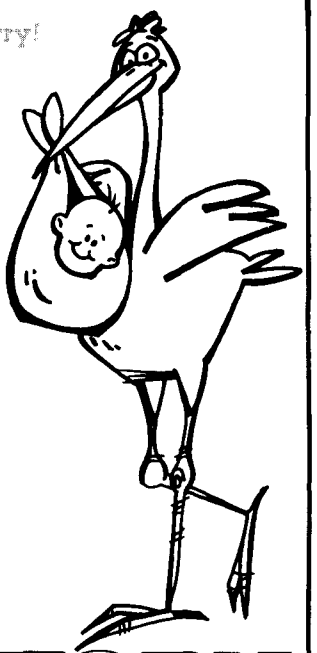

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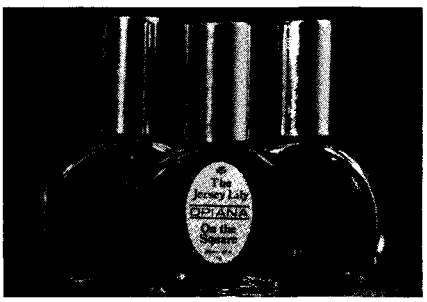

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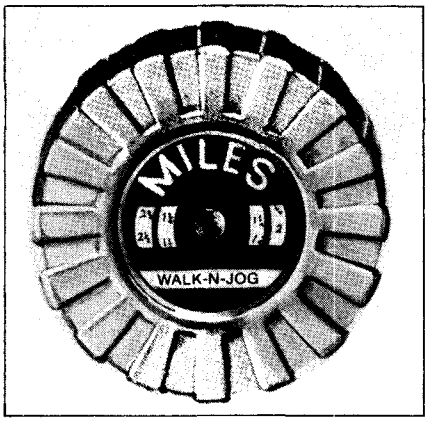

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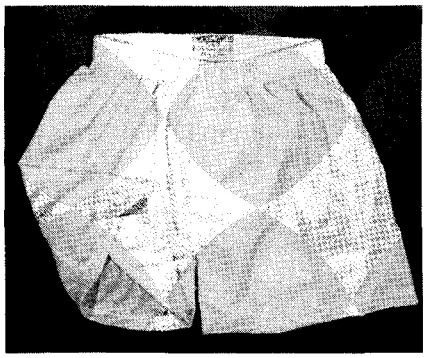

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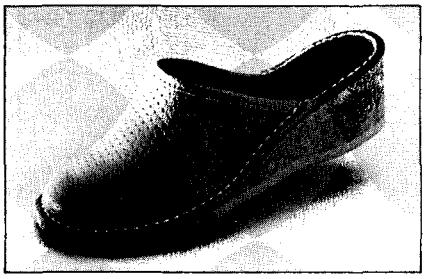

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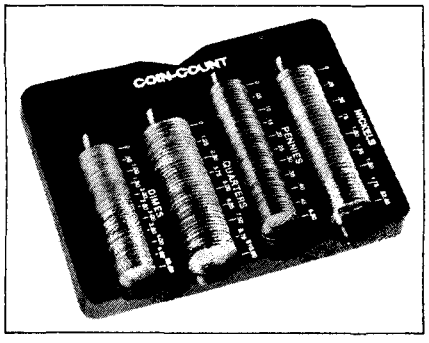

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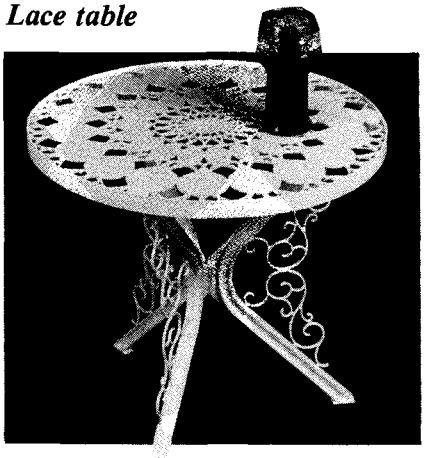

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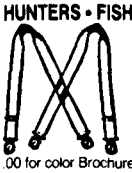

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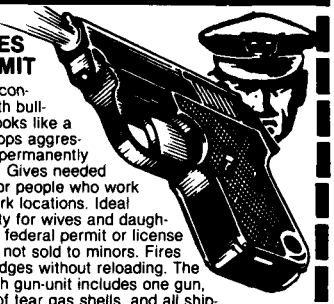

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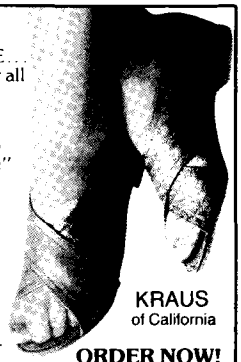

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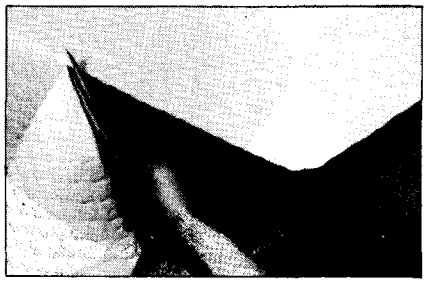

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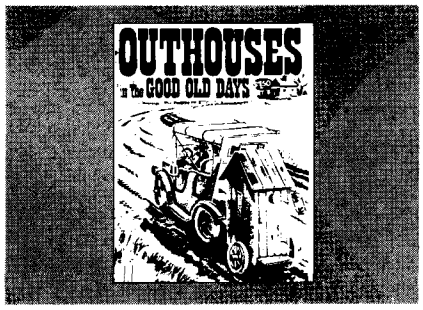

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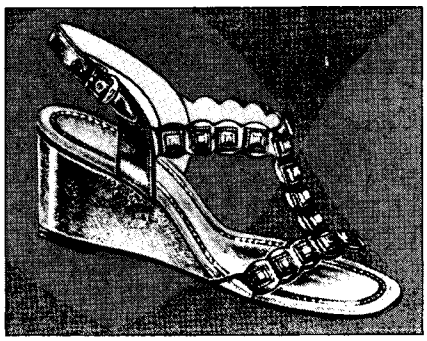

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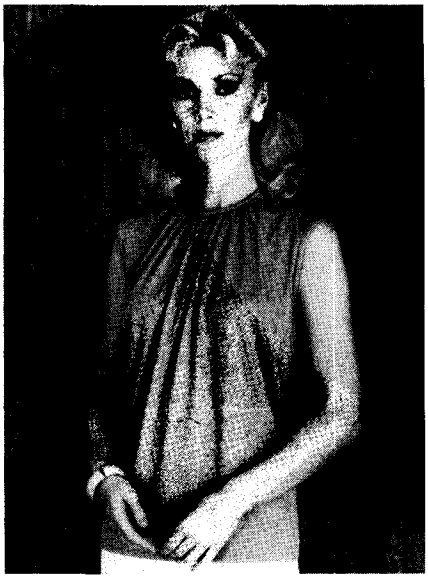

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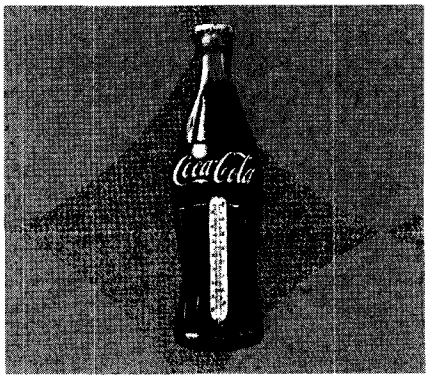

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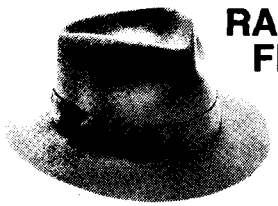

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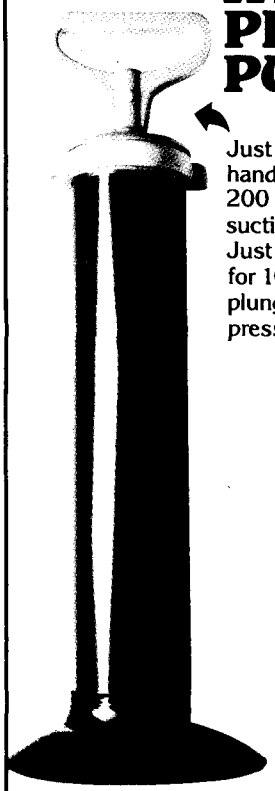

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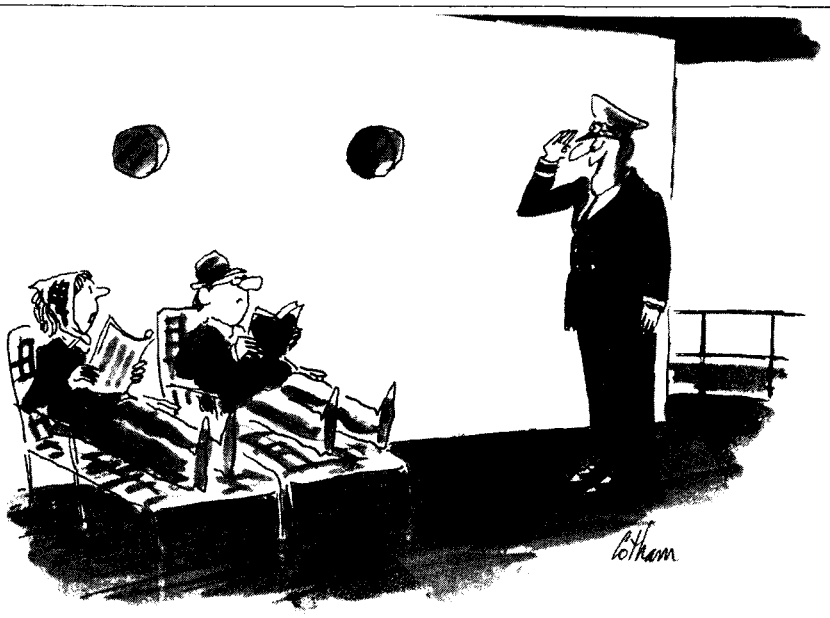

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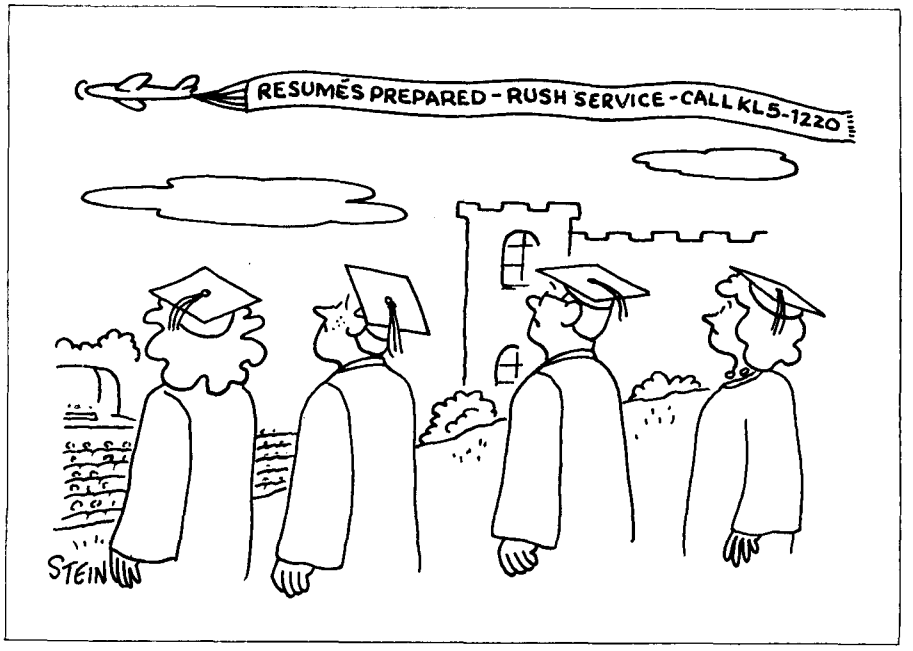

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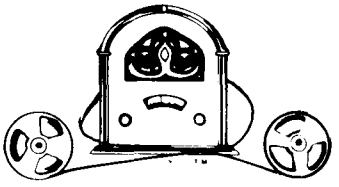

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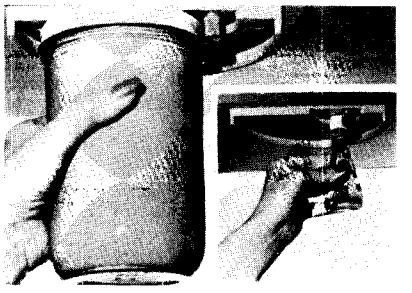

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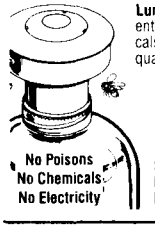

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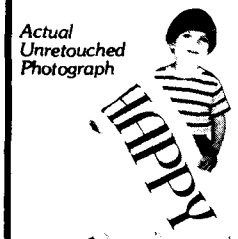

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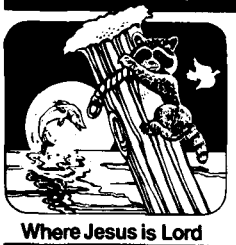

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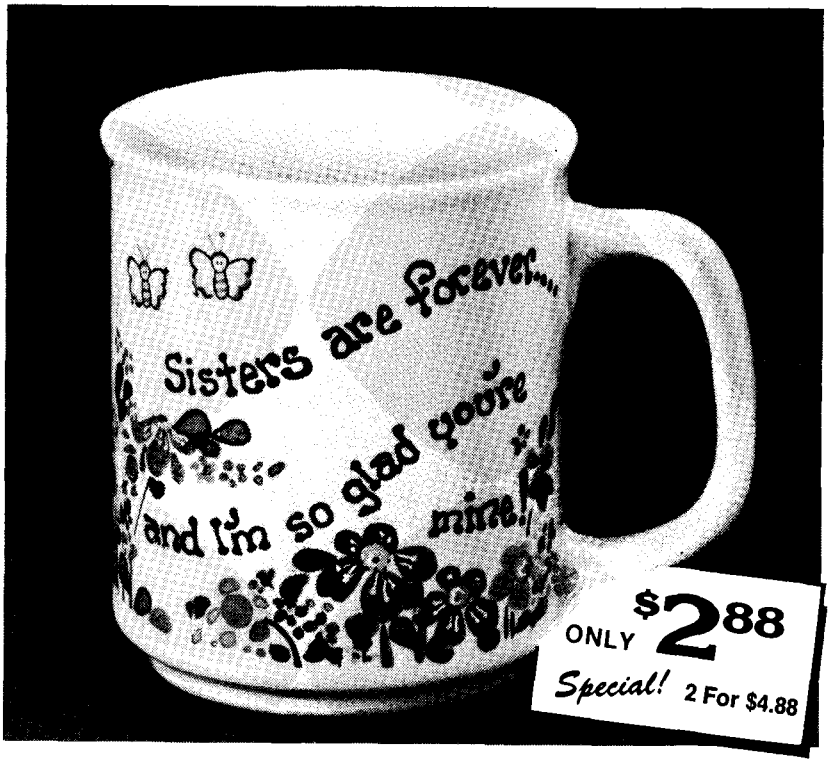

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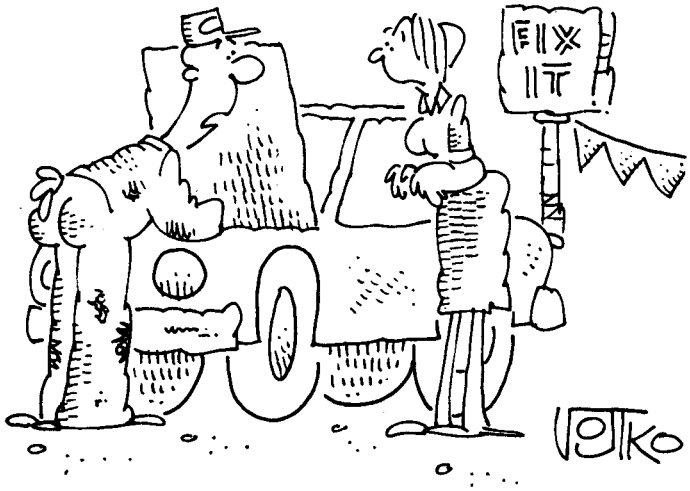
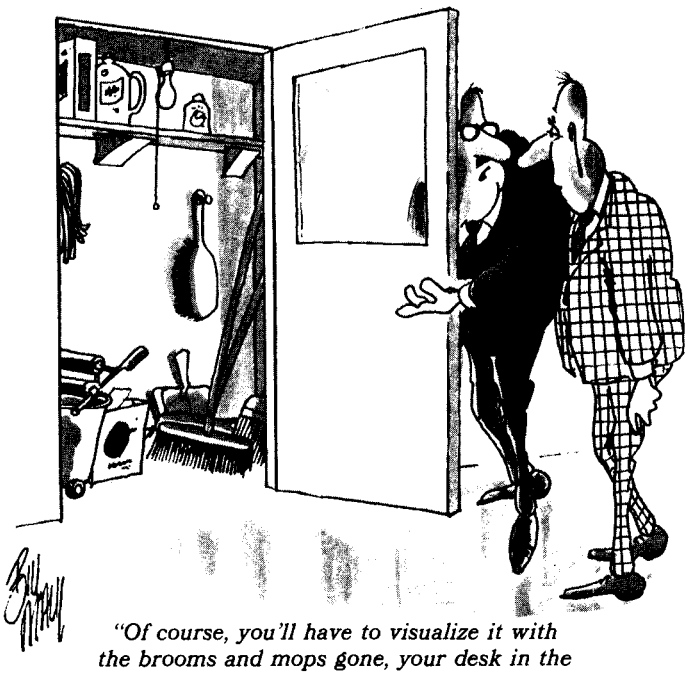
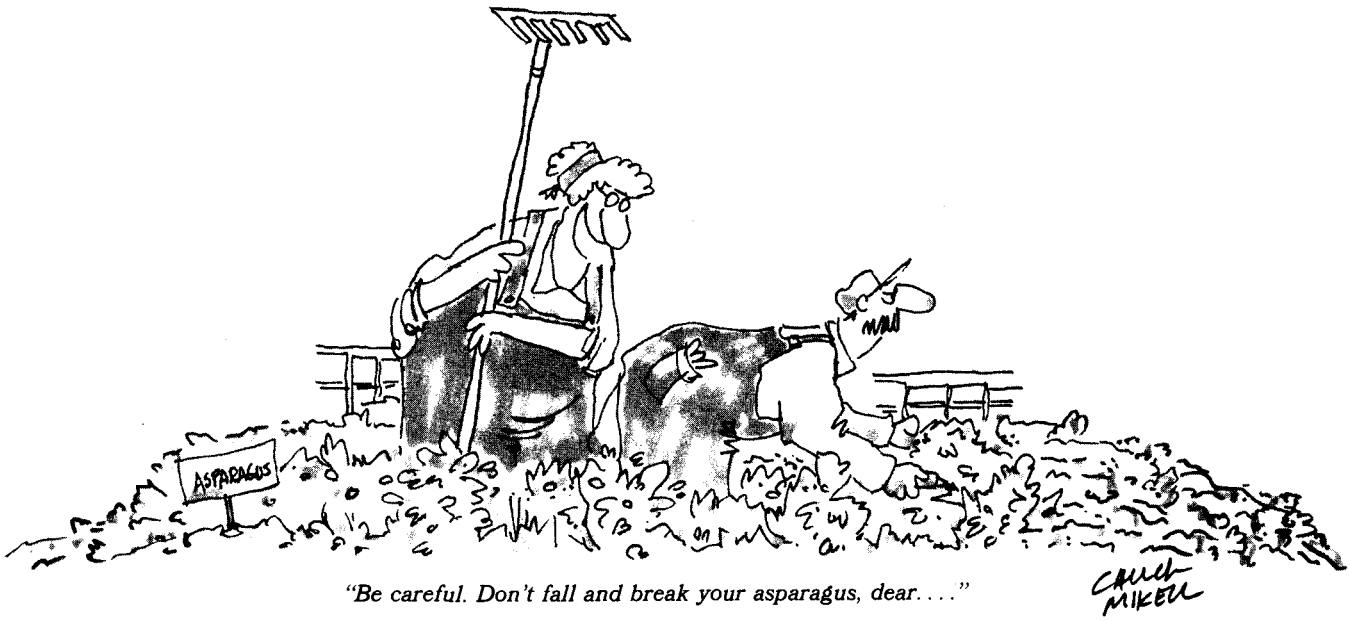


"Have you given any thought to turning it into a planter?"

"Too bad! If you had shaved and worn a tie, I could probably have gotten you off with life."



"Of course, you'll have to visualize it with the brooms and mops gone, your desk in the corner and your name on the door."



"Be careful. Don't fall and break your asparagus, dear. . . ."

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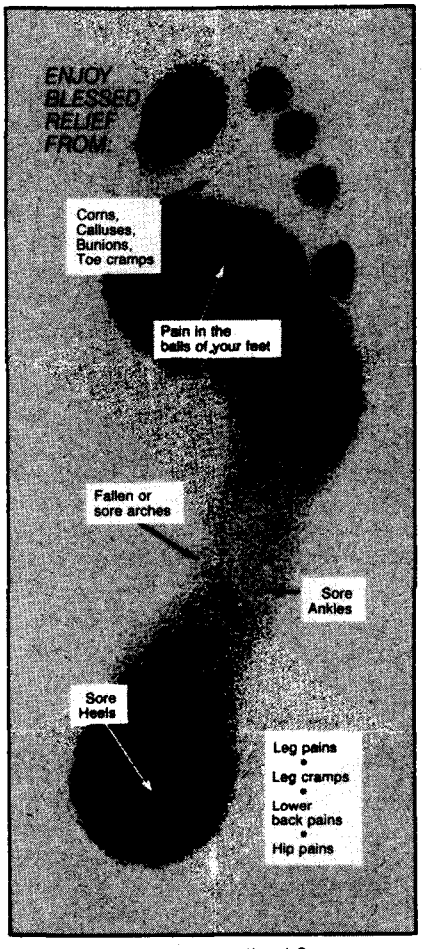

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FOOD

INSIDE TIPS ON OUTDOOR COOKING

Keep summer simple with fun fare that will trim the fat but not the flavor from open-air menus.

by Randal Fleet

All over the country, you can find them—in parks and patios, beaches and backyards. Americans have once again moved out! Outdoors, that is. Summer stirs our desire to stay in shape. But returning from tennis and volleyball courts, pools and jogging paths, we bring with us one substantial, common sensation—a hearty appetite.

The picnic is the popular choice for "eating out" in the summer months. As predictable as fireworks on the Fourth of July, family and friends will eagerly gather around the picnic table, plates in hand. Today, however, health-conscious cooks are putting out an SOS for new ideas to trim the fat, but not the flavor, from the mealtime menu. Help is on the way. We've discovered some choice recipes to tantalize even the most housebound of appetites.

Since the whole idea of the picnic or family outing is a diversion from the ordinary routine, why not avoid the predictable? Instead of the beef-barbecue bill of fare, serve your guests a spicy tandoori chicken. A traditional food from India, where spicy foods are used to cool off the body in the hot climate, this dish is a definite shoo-in for seconds from your hungry crew. Or maybe savory, lean, fish fillets basted with a lemon-pepper sauce. Grilled on an electric or gas grill, the meats will preserve their natural flavor. They are healthier for you, and (attention, chef!) these grills are virtually self-cleaning.

But what is a picnic without one star ingredient?—sweet corn. Enjoyed by the Indians long before Columbus stumbled across our shores, it still remains a family favorite. To taste the full flavor of corn, grill it in its husk. You might not ever want it any other way. The freshest corn is the best. It should be cooked a day after harvest. Lay it across the grates of your grill, turning it a quarter turn to cook evenly. Fresh corn takes about 15 minutes; other corn, 20.

When packing the picnic basket, try pita! Pita-bread sandwiches stuffed with chicken, turkey or a meatless filling of tambouli will please even the most particular palate. It won't weigh down on your outdoor fun, either.

Summer squash, fresh from the garden, is sautéed to crispness in a medley of tomatoes and onions. Sizing up this side dish, the lucky diner will voice only one description—delicious.

To cool off, try a fabulous fruit salad. Pineapple, grapes, oranges, canteloupe and bananas, topped with a Ginger-Yogurt or Curried-Yogurt Sauce will satisfy the sweet tooth without the sugar.

Tandoori Chicken

(Makes 4 to 6 servings)

1 tablespoon instant minced onion
½ teaspoon instant minced garlic
3½ teaspoons water
1 tablespoon safflower oil
3 tablespoons curry powder
1 cup plain yogurt, divided
1 tablespoon lemon juice
3 pounds chicken parts, skinned, defatted

In a small bowl or cup combine minced onion, minced garlic and water; let stand for 10 minutes to soften. In a small skillet heat oil until hot; add curry powder; sauté until curry powder turns slightly darker, about 30 seconds. In the container of an electric blender, add the onion and garlic, the curry powder mixture, ¼ cup of the yogurt and lemon juice. Blend until well combined, about 1 minute; stir in remaining ¾ cup yogurt. Pierce chicken all over with fork tines. Arrange in a pan, skin side up; cover with yogurt mixture. Cover and refrigerate for about 1½ hours. Pierce chicken with fork tines again; turn pieces over. Let marinate for an additional 1½ hours. Preheat broiler or barbecue grill. Place chicken pieces on broiler rack in a pan or on a barbecue grill, 4 to 6 inches from heat. Grill or broil until one side of the chicken is browned, about 15 minutes. Turn pieces over. Grill or broil, until chicken is browned and cooked through, about 15 minutes longer. Serve with Cucumber Raita, Summer Squash Sauté, and fresh fruit with yogurt sauce.

Lemon-Peppered Broiled Fish

(Makes 4 to 6 servings)

2 pounds any fresh fish or 2 12-ounce packages frozen perch or trout fillets
1 tablespoon corn-oil margarine, melted
1 teaspoon lemon and pepper seasoning
½ teaspoon thyme leaves
½ teaspoon paprika
⅛ teaspoon celery seed
2 teaspoons lemon juice
1 tablespoon parsley flakes

If using frozen fillets, thaw just enough to separate. Combine the margarine with next 4 ingredients. Brush on fish. Place fish with skin side down on oiled grill rack or broiler pan. Grill or broil 4 to 5 inches from heat 10 minutes or until fish is easily flaked with fork. Sprinkle lemon juice over fish. Sprinkle with parsley flakes. Serve immediately.

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Whole-wheat Pocket Bread
(Makes 10 rounds)

2 packages active dry yeast
1¼ cups warm water (105°-115° F.)
1 teaspoon honey
½ cup Kretschmer® Regular Wheat Germ
½ teaspoon basil
½ teaspoon thyme
1½ teaspoon safflower oil
1½ cups unsifted Robin Hood® Stone Ground Whole-wheat or Graham Flour
½-1 cup unsifted Robin Hood® All-Purpose Flour
1 tablespoon sesame seeds

Combine yeast and water in large bowl. Stir to dissolve yeast. Stir in honey. Let stand for 5 minutes. Add wheat germ, basil, thyme and oil to yeast mixture. Stir well to blend. Stir in whole-wheat flour with wooden spoon. Beat in just enough all-purpose flour to make soft dough that leaves sides of bowl. Turn out onto lightly floured cloth-covered board. Knead about 10 minutes until dough is smooth and elastic. Cover dough and let rise in warm, draft-free place about 1 hour until doubled. Punch dough down. Divide into 10 equal pieces. Shape each piece into a ball. Let stand, covered, for 5 minutes. Sprinkle each ball with sesame seeds and additional wheat germ before rolling if desired. Roll into 6-inch rounds. Place on greased baking sheets. Let rise, covered, about 20 minutes. Bake at 450° F. for 5-7 minutes until browned. Remove from baking sheet immediately. Cool on rack. Cut in half and fill with desired fillings. (If rounds don't puff completely, split halves open with tip of sharp knife.)

Turkey-Sprout Filling
(Makes 3½ cups filling)

2 cups finely chopped turkey or chicken, skinned, defatted and cooked
½ cup Kretschmer® Regular Wheat Germ
⅓ cup yogurt
3 tablespoons mayonnaise
½ cup celery, finely chopped
½ cup alfalfa sprouts
2 tablespoons green onion, minced
2 hard-cooked eggs, chopped
1 tablespoon lemon juice
¼ teaspoon thyme
¼ teaspoon cayenne pepper
5 pocket-bread rounds, halved

Combine all ingredients except pocket breads. Mix well. Refrigerate covered, at least 1 hour. Fill pocket-bread halves with ⅓ cup filling.

Tambouli Filling
(Makes 5½ cups)

1 cup Robin Hood® Cracked Wheat
1 cup Kretschmer® Regular Wheat Germ
1 cup parsley, snipped
1 medium tomato, chopped
¾ cup green onion, chopped
½ cup cucumber, chopped
⅓ cup yogurt
1 tablespoon mayonnaise
⅓ cup lemon juice
½ teaspoon thyme
5-6 pocket bread rounds, halved

Soak cracked wheat, covered with water, about 25 minutes. Drain well. Add remaining ingredients except pocket breads. Mix well. Refrigerate covered, until ready to serve. Fill pocket-bread halves with about ½ cup filling.

Summer-Squash Sauté
(Makes 8 cups)

4 medium zucchini squash
4 medium yellow squash
1¼-ounce package taco-seasoning mix
1 tablespoon safflower oil
4 medium tomatoes
2 medium onions
¼ teaspoon cayenne pepper

Wash squash but do not peel. Slice in rounds about ¼-inch thick. Place squash in large bowl and sprinkle with taco seasoning. Toss squash until seasoning is well distributed. Heat oil in skillet, add squash and sauté 5 minutes. Peel tomatoes and cut in quarters. Slice onions in ¼-inch slices. Divide into rings. Add tomatoes, onions and pepper to squash mixture. Sauté 5 minutes. Drain excess liquid before serving.

Celery-Seed Potato Salad
(Makes 8 servings)

⅓ cup yogurt
⅓ cup mayonnaise
2 tablespoons instant minced onion

A pocket-bread spread can add delicious variety to your cookout, especially when packed with Turkey-Sprout or Tambouli filling. For an especially healthful dessert, try unique Nutty Fruit Salad with its crunchy balls of wheat germ, sesame and sunflower seeds.

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1½ tablespoons white vinegar
½ teaspoon thyme
¾ teaspoon celery seed
1 teaspoon Dijon mustard
Dash cayenne pepper
1 quart cooked potatoes, sliced or cubed
2 tablespoons pimento, diced
Blend together yogurt, mayonnaise, minced onion, Dijon mustard, vinegar, thyme, celery seed and cayenne pepper. Combine potatoes with pimento. Add seasoned yogurt-mayonnaise mixture; toss gently. Cover and chill thoroughly.

Cucumber Raita
(Makes 4 to 6 servings)

1 large-sized cucumber
1 cup plain yogurt
¼ teaspoon ground celery seed
¼ teaspoon ground cumin
¼ teaspoon ground ginger
¼ teaspoon ground coriander
¼ teaspoon caraway seed
Dash cayenne pepper
Peel and thinly slice cucumber (about 2 cups). Set aside. Combine yogurt and all seasonings in a medium bowl. Stir in cucumber. Cover and refrigerate 1 hour.

Nutty Fruit Salad
(Makes 6 servings)

1 small cantaloupe, cut into pieces
1 banana or papaya, sliced
1 pint strawberries, halved
½ fresh pineapple, cut into chunks or 1 can (15¼-15½ ounce) pineapple chunks, drained
Lettuce leaves
¼ cup corn-oil margarine, melted
1 tablespoon honey
½ cup Kretschmer® Regular Wheat Germ
¼ cup sesame seeds
¼ cup sunflower seeds
2 tablespoons Kretschmer® Regular Wheat Germ
2 tablespoons sesame seeds
Place margarine and honey in blender. Add ½ cup wheat germ, ¼ cup sesame seeds and ¼ cup sunflower seeds. Cover and blend at high speed for 30 seconds. Stop frequently to stir ingredients. Chill about 15 minutes, until firm enough to handle. Shape into 24 small balls and roll in remaining wheat germ and sesame seeds. Refrigerate. When ready to serve, place fruit in lettuce-lined bowl. Top with wheat-germ balls; serve with Ginger-Yogurt Sauce or Curried-Yogurt Sauce (below).

Ginger-Yogurt Sauce
(Makes 2 cups)

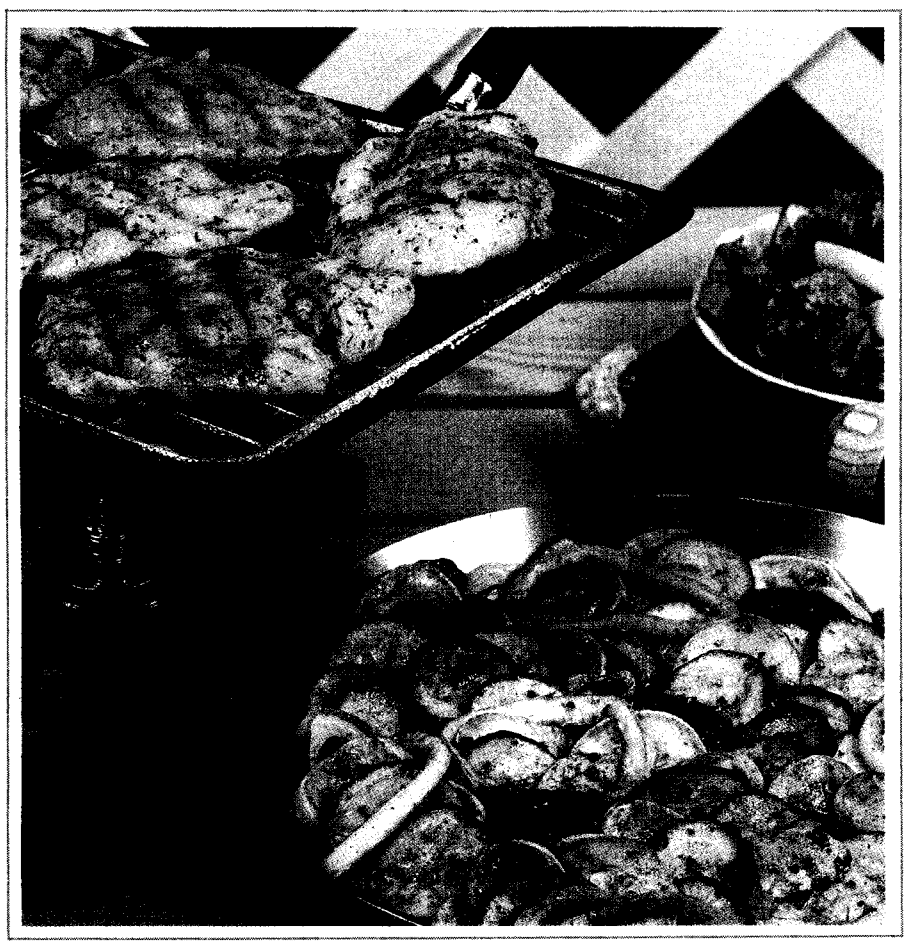
1 pint plain yogurt
2 teaspoons honey
1 tablespoon crystallized ginger, finely chopped
¼ teaspoon ground cinnamon
¼ teaspoon vanilla extract
Ground nutmeg
Crystallized ginger, cut in very thin strips for garnish (optional)
Mix first five ingredients. Chill one hour. Pour into glass bowl for serving. Garnish with strips of crystallized ginger and sprinkle with nutmeg. Serve as a side dish with Nutty Fruit Salad.

Curried-Yogurt Sauce
(Makes 4 to 6 servings)

1 cup plain yogurt
½ teaspoon curry powder
½ teaspoon ground cinnamon
¼ teaspoon honey
1 tablespoon orange juice
In a small bowl combine yogurt, curry powder, cinnamon, honey and orange juice. Cover and refrigerate at least 1 hour. Sprinkle top with cinnamon before serving with Nutty Fruit Salad.

Picnic Punch
(Makes 2 quarts)

1 48-ounce bottle cranberry juice
2 cups apple juice
¼ cup lemon juice
2 cinnamon sticks, broken into 1-inch pieces
4 whole cloves
4 whole allspice
1 yellow delicious apple
1 Granny Smith apple
1 red delicious apple
Whole cloves
In 3-quart saucepan combine first 6 ingredients. Bring to boil. Simmer 5 minutes. Cool to room temperature. Refrigerate overnight. Cut apples into round slices ¼-inch thick. Garnish each slice with a whole clove in the center. Pour punch into storage container. Add apple slices. Add 2 to 3 cups red wine for Sangria-type beverage, if desired.



Instead of the usual steaks and hamburgers at your next cookout, try something different and delicious, Lemon-Peppered Broiled Fish. For a tangy side dish, add Summer-Squash sauté made with seasonal yellow and zucchini squash to the menu.

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Bob Hope

continued from page 69

something.] Then he told about the voluptuous woman, rushing late into church, who got her foot caught in the bell rope and was hoisted aloft, head down. The priest said, "If any man looks he'll be struck blind." Before she could be rescued, Pat turned to Mike and said, "I think I'll risk one eye."

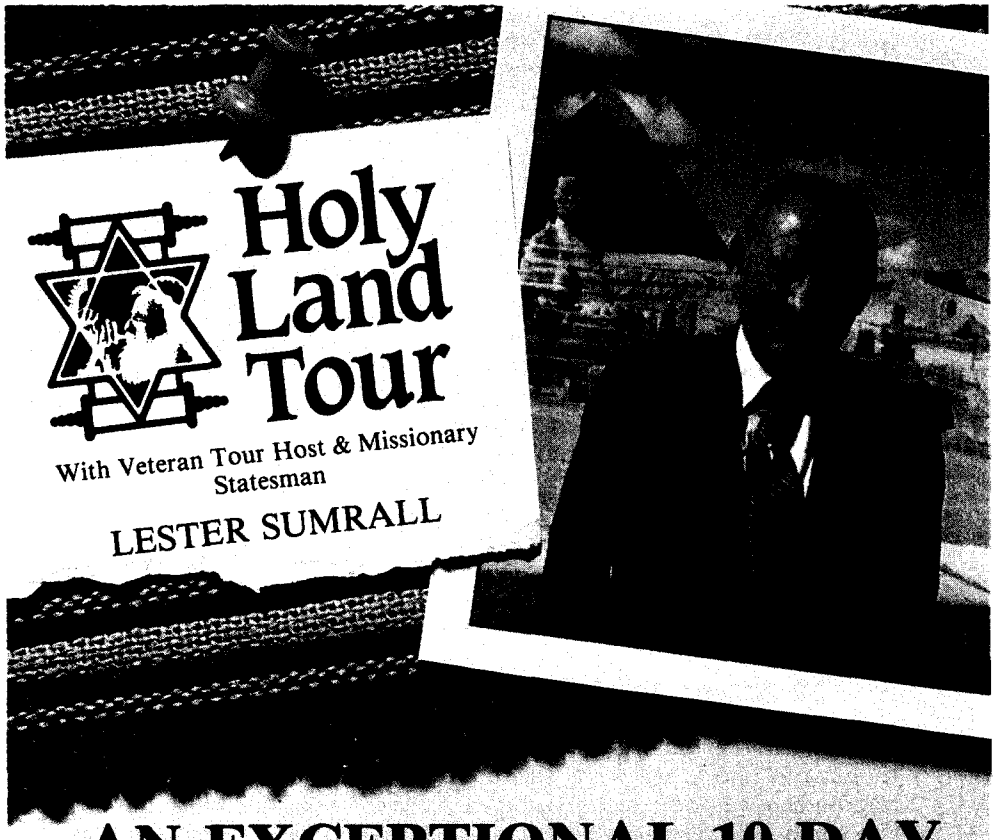
Hope: [Laughing] He had a funny routine. We were such great friends. He asked me to do this thing in Connecticut; Cagney was coming up and I went. They were all Irish. I said, "You're the people who fixed the weather when the queen came over, aren't you?" I never heard such laughter in all my life. The queen almost drowned out there in California. In fact, she went back to London with a bad case of mildew. And I told them about the fellow who was in water up to his knees. A rowboat came by and the guy at the oars said, "Can I help you?" The fellow replied, "No, thanks, I made a deal with God." A little later, with water now up to his chest, a helicopter came over and the pilot yelled down, "Can I help you?" He said, "No, I made a deal with God." The water went right over his head and the fellow drowned, and he was walking around heaven when he ran into God. "What happened?" he asked. God said, "I don't know. I sent a rowboat and a helicopter for you."

Stoddard: We think of you first as a comedian and the song-and-dance routines as something extra. But it's the other way around, isn't it?

Hope: Let me tell you real fast how it happened. I booked a vaudeville date in the Bronx and I flopped. With this act we couldn't get back for a second bow. So we got a new act, and this booker from my early days in Cleveland booked us at New Castle, Pennsylvania. And the two of us closed the show, so the manager asked if I would announce the next show. I said, "What is it?" He said, "The Marshall Walker Whizbang Review." I knew Marshall Walker because I was on tab shows with him. You know what tab shows are? Tabloid musical comedies. They were small shows with 16 people who traveled all over the country. I was with them for two years. It was the greatest experience I ever had. I did everything. Played all kinds of characters. Anyway, after we finished our act, I walked out and said, "They've asked me to announce that next week Marshall Walker and his Whizbang Review is coming here. I know Marshall, he's a Scotsman. He got married in his backyard so the chickens could eat the rice." That got a pretty big laugh. The next show I said, "He also shot his wife because she bought vanishing cream." That got another big laugh. By the time the three days were over I was doing about eight minutes out there getting big laughs, and the theater manager said that's what I should be doing. And the orchestrator said I ought to go to Chicago because Paul Ashe was there and they were looking for a master of ceremonies. That's how I began doing my own monologue.

Stoddard: And if it hadn't been for that one incident. . . .

Hope: You never know. And another thing that happened, Jolson was popular, Eddie Cantor was popular, George Price, all doing blackface. So when I began doing my single, I put on black cork. I was late for one show, missed the streetcar that was supposed to get me to



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the place. When I finally got there, this awful woman said, "You're on next; come on, let's go." I said, "I've got to put on my make-up." She said, "You haven't got time, get on the stage." So I walked out with my regular face and this booker was there. He said to me, "Don't ever put that stuff on. You've got a face that saves jokes."

Stoddard: After all these years, do you feel any tension when you go on at those Kennedy Center bashes or command performances?

Hope: Nothing bothers me about that.

Stoddard: Did it ever?

Hope: Yes, it used to get me a little uptight. But being in vaudeville, I was used to getting up and telling jokes. When we weren't working, some nights I'd play three benefits, just walk in, do 10 or 12 minutes, go out, get in the car, go to another theater, walk on, do the same thing.

Stoddard: Will you be going to the Olympics?

Hope: I'm going to Victoria, British Columbia, sit back and watch it on television. That's what we did four years ago. We were at Eagle River, Wisconsin, in a beautiful cottage, and we just played golf and then came back and watched the Olympics. But I got tickets for the kids; they want to see all the events.

SerVaas: It's five o'clock, and I'm afraid we must be keeping you past the. . . .

Hope: I *do* have an appointment.

SerVaas: Thank you for your great hospitality.

Stoddard: It's been wonderful.

Hope: [Walking with us to the door] Thank you for coming. If you should run into a big, white guard dog on the way out, just give him my name. [We crossed the courtyard much faster than when we came in.]

Alaska

continued from page 65

ANCSA to administer the terms of the act in the best interests of the Eskimos, Aleuts and Indians in each region.

Some of those corporations are among Alaska's most prominent business enterprises today.

Then, in November 1973, President Nixon approved construction of the pipeline. The building of the haul road, now the Dalton Highway, began the next spring and was completed by fall. The first pipe was installed in March 1975, and on June 20, 1977, the first oil left Prudhoe Bay for the terminal in Valdez.

In 1980, Alaska's lands were once again in the nation's headlines. The Alaska National Interest Lands Conservation Act (ANILCA), often called the d-2 Lands Bill, affected some 131 million acres of Alaskan land. A compromise bill enacted after seven years of debate, it created new conservation units after President Jimmy Carter had withdrawn 114 million acres from possible selection and consideration as

"It's not fair!"

part of the state's land.

Implementation of the d-2 bill continues today. For now, say the word "d-2" in a group of a dozen Alaskans, and you'll get a dozen points of view. But we're trying to understand and resolve our differences while assuring that lands of truly national significance are left for all Americans to enjoy in what Alaskans call the Great Land and what the nation knows as our last frontier.

Those scenic wonders are what make tourism Alaska's third-largest industry today. But how many people know that Alaska's commercial fish production is greater in value than that of any other state, or that Alaska's 47,000 miles of tidal shoreline provide some of the finest sport fishing in the world, as well?

How many know that Alaska is the center of a growing trade with the Pacific-rim nations? U.S. shipping restrictions hamper the growth of that trade, but Alaskans are working on those problems, too.

Along with its people and its scenery and its natural resources, Alaska offers much in the way of unique native arts and crafts, a source of pride to all its citizens. Music is a very special part of most Alaskans' lives. Music festivals throughout the state draw enthusiastic fans.

Alaskans' commitment to sports is beginning to be recognized outside its borders. Last winter, the World Cup cross-country ski races moved to Fairbanks on two weeks' notice when the planned site on the East Coast failed to come up with enough snow.

The 1,049-mile Iditarod dog-sled race is scrutinized by national and international news teams each March, and top basketball teams from colleges across the nation participate in the Great Alaskan Shootout every winter.

Needless to say, hockey has participants and fans of every age in Alaska. And would you believe there are 350 softball teams in Anchorage alone? That means 6,500 players, men and women, wearing team uniforms and running the bases on ballfields from dawn to dusk.

Before the snow is off the ground, tennis buffs are clearing the courts. Skiers can ski almost year-round at Alyeska, Alaska's largest resort, a bustling Alpine village one hour from Anchorage.

High-school basketball and track teams routinely fly hundreds of miles to participate in tournaments.

Check the rosters of any major-league baseball team in the American or National Leagues. You'll likely find that at least one of their stars played in the Alaska League during his college summers.

People, natural resources, sports, art, mountains, rivers, fjords, commerce, trade, crisp air, eagles and other wildlife—they're all part of Alaska. Alaskans' specific challenge today is to plan carefully for the next quarter century and to use their collective voice to work toward being stewards of the state's unique resources while fulfilling their responsibilities as a member of the Union.

In the year 2009 nothing would please me, the framers of our constitution or all Alaskans more than attaining our goals as successfully as we have during our first 25 years.

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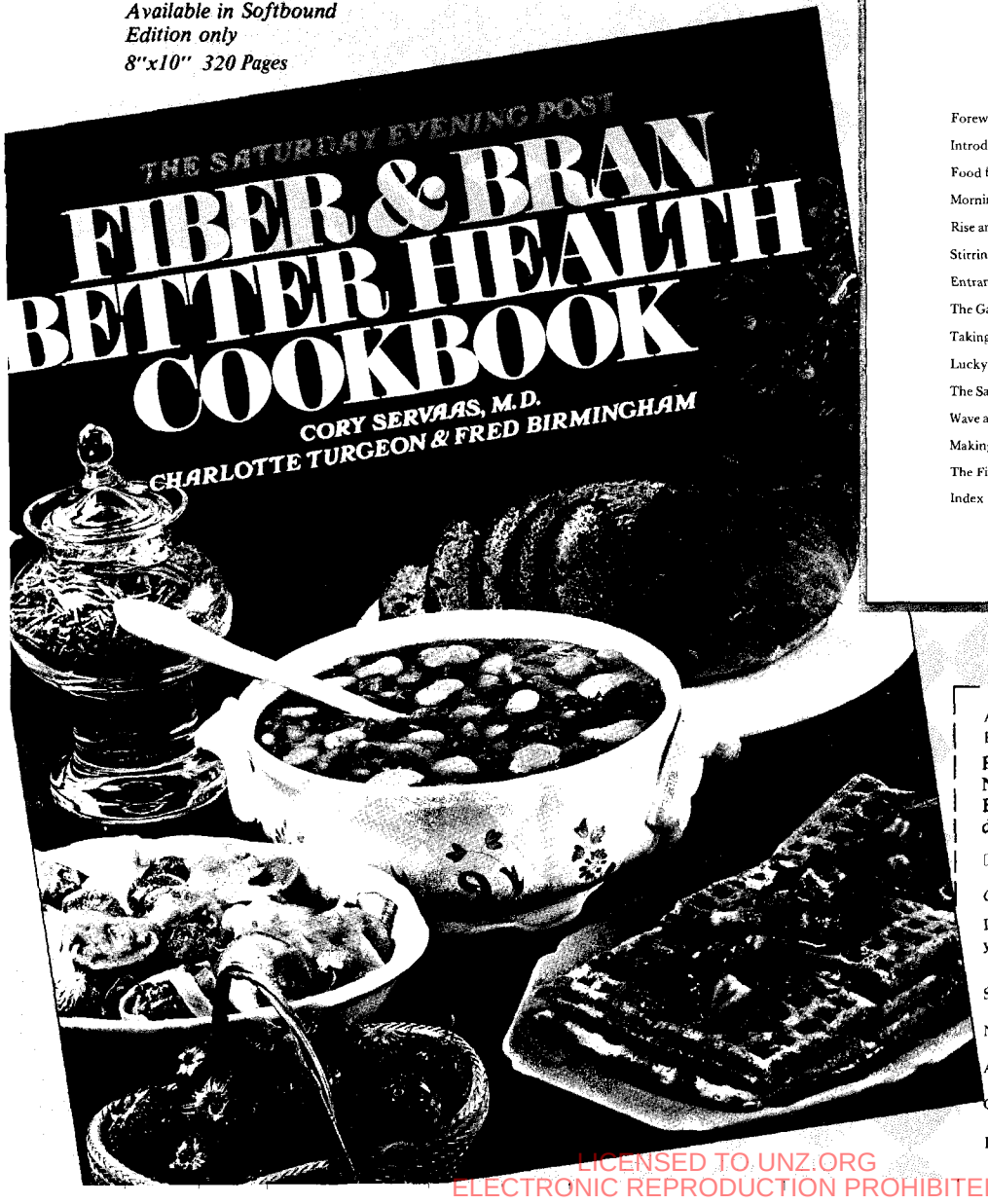

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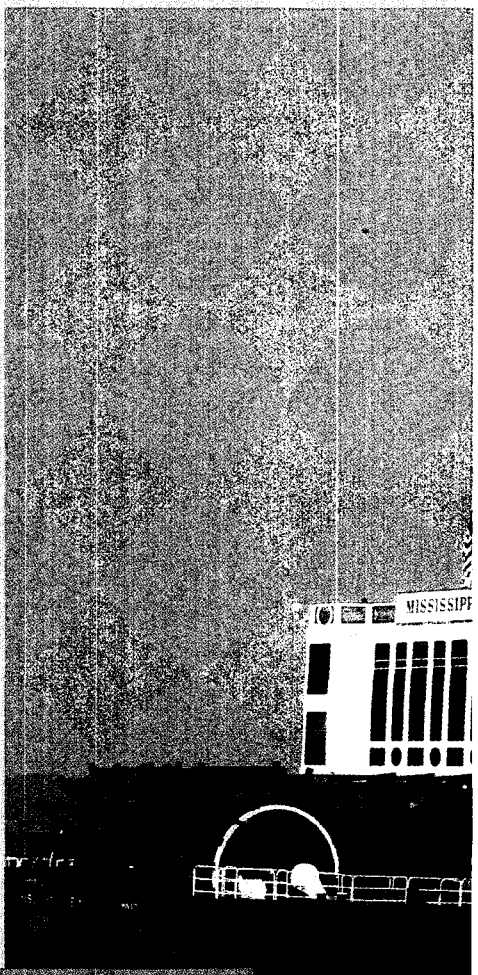
A Mississippi steamboat ride from New Orleans to Memphis is more than just a pleasant trip; it's a journey back in history.

Eight-thirty in the evening on the Mississippi River: Churning against the current, the *Mississippi Queen*, outsizing and outsplendoring such grand paddlewheelers of early days as the *Robert E. Lee* and the *Joe Fowler* . . . passengers (second seating) savoring in the dining saloon Filet of Sole a la Marguery or Prime Rib of Beef or Roast Brace of Quail a l'Orange . . . dancers in the Grand Saloon swinging to the rhythm of the Dixieland Express band—shades of Bourbon Street. . . ragtime piano and banjo music attracting many to the Paddle Wheel Lounge —with everyone rising when "Dixie" is sung. . .a tugboat announcing with a whistle blast a parade of barges moving downstream 'round a bend . . . the steamboat responding with her own whistle . . . .

Steamboatin' on the Mississippi . . . .For those who have wanted to try it for many years since reading Mark Twain in their youth, the experience beckons as a special adventure in nostalgia. So longing, as the old river folk song goes, "to git up the rivuh on the big steamboat"—and to go back a bit in time on land as well as on water—we boarded the *Mississippi Queen* at New Orleans. When we debarked a week later at Memphis, we could only wonder, "What do we do now for an encore?"

Today various cruises are available on the Mississippi and Ohio,



A stop at Vicksburg allows the "Queen's" 412 passengers to explore its many Civil War memorials, forts, battlegrounds and monuments (below, left). Every stop offers an opportunity to shop open-air stands for arts and crafts of the deep South.

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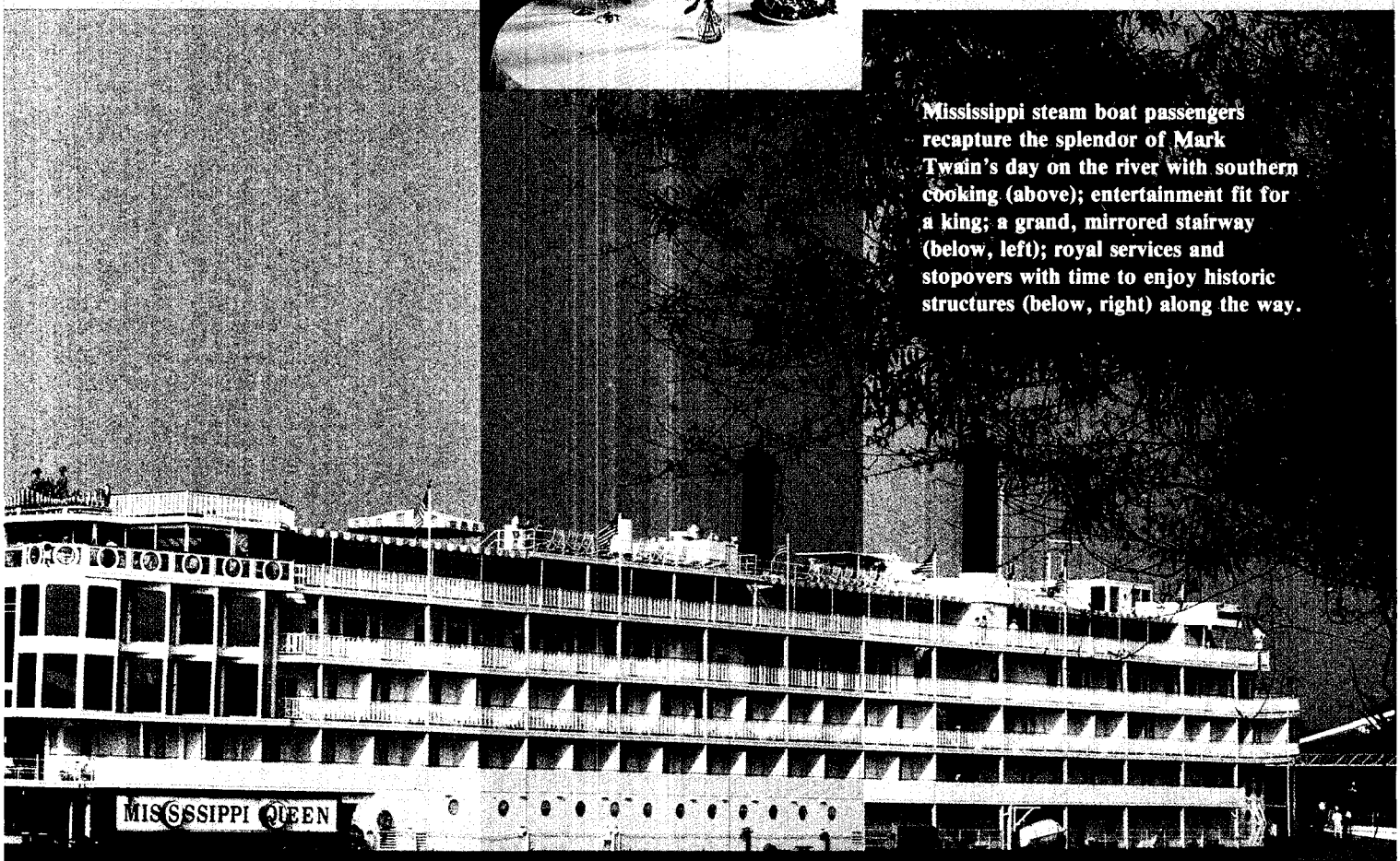
traveling either on the *Mississippi Queen* or on her older sister paddlewheeler, the *Delta Queen*. We had chosen the *Mississippi Queen*'s seven-day cruise on the lower Mississippi because we had lived mostly in the North and wanted to learn more about the South. We began learning fast on our first morning as we awakened to find the steamboat docked at the old river landing of Louisiana's famed Houmas Plantation.

After breakfasting outdoors on the *Queen*'s Sun Deck, with the scent of sweet olive wafting from the riverbank, we walked up a levee, then through formal flower gardens to the plantation's Houmas House. Shaded by 30-foot high magnolia trees and majestic live oaks, the antebellum mansion is surrounded by 14 tall, white, Doric columns. It has long beckoned to



Mississippi steam boat passengers recapture the splendor of Mark Twain's day on the river with southern cooking (above); entertainment fit for a king; a grand, mirrored stairway (below, left); royal services and stopovers with time to enjoy historic structures (below, right) along the way.

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various moviemakers, including those who produced *Hush Hush, Sweet Charlotte*, starring Bette Davis.

Built in 1840 by John Smith Preston, the mansion and its plantation were sold in 1858 for a million dollars to an Irishman, John Burnside. During the Civil War, when General Benjamin Butler tried to occupy the house and plantation, at 20,000 acres the nation's leading sugar producer, Burnside declared his immunity as a British subject. Thus, Houmas was spared disastrous occupation by the Union forces and the ravages of war that other plantations in the area suffered. Today it is just the way it was in antebellum times.

On the *Mississippi Queen* that night there was Southern graciousness, too, at the Captain's Champagne Reception. Most women passengers wore long evening dresses for the occasion. And the Dixieland Express band began the music for dancing with a waltz.

The next day the *Queen* stopped at the little Louisiana town of St. Francisville (population 1,500), and that provided another opportunity for visiting an old mansion and large plantation of special significance—Rosedown.

Considered one of the outstanding treasures of the South, the mansion of Rosedown was built in 1835 by Daniel Turnbull, a wealthy cotton planter, and his wife, Martha. Riverboats that carried their cotton to New Orleans returned with elegant furniture specially designed by America's finest craftsmen, wall coverings from Paris and chandeliers, silver and marble statuary from Italy.

A massive, four-poster bed fashioned for Henry Clay, defeated candidate for President, was too large for any bedroom. But that offered only a minor problem. A wing with bedroom of suitable size was added to Rosedown House.

The Turnbulls, after viewing formal gardens in Europe, laid out their own extensive gardens in the semi-wilderness setting, eventually covering ten acres.

Then, in St. Francisville, we came to another antebellum home, not as large or as luxurious as Rosedown, but well worth visiting because of the warm hospitality extended by the couple who own and live in it today. This is Virginia House, built in 1855 and restored in 1968 by Sam and Nancy Vinci.

The following day early-morning risers on the *Mississippi Queen* were able to watch the docking at Natchez. The huge boat, her seven decks longer than football fields, eased to the riverbank with no difficulty because she draws only eight feet of water. Crewmen tossed thick ropes on the sloping, sandy shore, then pulled the ropes up to a bluff where they tied them to sturdy trees. It was like a scene out of Mark Twain's *Life on the Mississippi*.

"Sorry, we already spent all of yours."

Actually, we were not at Natchez proper, but at Natchez-Under-the-Hill. Once this was the city's roaring waterfront district. Now it has dwindled to a landing dock and a single street with wooden sidewalks and a few old buildings dominated by an antique shop and a restaurant (catfish a specialty, of course). Years ago, the Mississippi carried away most of this part of town.

Because Civil War attacks by Union forces eased off in the area after the fall of Vicksburg upriver, much of old Natchez is intact. Special historic status has been given to more than 200 of the city's structures, many of them complete down to their ornate iron fences, cloaked anew each year with fresh-blooming jasmine. Prefabricated houses are even included—floated down the Ohio and Mississippi rivers in the 1830s. Natchez folk work hard to keep the historic structures from showing their age, then promptly—and proudly—tell it.

During the golden era of cotton, Natchez had most of the millionaires in the United States—at least nine, perhaps ten. They had their plantations across the Mississippi River in the rich lowlands of Louisiana, but they built their mansions on the high ground of Mississippi's Natchez. It would take many days to visit all the mansions of distinction open daily to the public. (At some of them, it is possible to obtain bed and breakfast —grits and baking-powder biscuits included.)

If only a single mansion is visited, however, we would recommend the magnificent one that climaxed our tour of Natchez—Stanton Hall. Built in the 1850s by Frederick Stanton as a reproduction of his Irish ancestral home, Stanton Hall and yard occupy an entire city block. The mansion's parlor and music room combined are 70 feet long. Doorknobs are of silver, and chandeliers of bronze, intricately carved to depict the city's history.

For ten years, Stanton planned each detail of the mansion. He died after living in it only three months.

Next stop: Vicksburg.

Although badly battered during the Civil War, Vicksburg (population 25,400) has many historic structures, varying from Cedar Grove house, which still has a cannonball lodged in the wall of its luxurious parlor, to the old downtown building housing the Biedenharn Candy Company Museum. The museum honors a Vicksburg candy-store and soda-fountain operator named Joseph A. Biedenharn, who in 1894 had an idea that was to shape the American, and later the international, soft-drink industry. He bottled a popular beverage he dispensed at his soda fountain and distributed it to rural areas surrounding Vicksburg. The name of the beverage? Coca-Cola.

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Dominating the city's history from a bluff, however, is the Vicksburg National Military Park. Hundreds of Union and Confederate soldiers, many unknown, who died in the battles and siege of Vicksburg are buried in the park, and all who fought at the site are honored by more than 1,400 monuments, memorials and tablets.

The battleground was once cotton fields. Now it is lush with green grass and shaded by giant oaks. It is a scene of tranquil beauty, of deserved honor, of restored unity.

We were taken to it on a breeze-tempered morning in a taxi driven by Dennis McClean. A native of Vicksburg, he proved to be a real student of the Civil War. He told us:

"President Lincoln decided it was vital that the Union forces gain control of the Mississippi River—to expedite movement of troops and supplies and to divide the South. 'Vicksburg is the key,' Old Abe declared. 'We must have it in our pocket.' "

But pocketing Vicksburg was a tremendous assignment for General Grant. McLean pointed to ridges Grant's troops twice attacked in efforts to breach Vicksburg's heavy fortifications and twice failed to take, with great losses on both sides.

"Deciding that attack was too costly," related McLean, "Grant then began the 47-day siege and bombardment of Vicksburg, with the Confederates finally surrendering on July 4, 1863."

Still to be seen are the remains of nine Confederate forts, 12 of 13 Union approaches and miles of breastworks—some with cannons in place, some with intact caves that served as quarters for the defenders. Even the old trench lines can be discerned. Many of these soldiers who fought there never made it home and are at eternal ease in the beautiful Vicksburg National Military Park.

That afternoon the *Mississippi Queen* headed up the Mississippi again, not to pause until she reached our port of debarkation, Memphis. That left us three nights and two days to get really acquainted with the *Queen*.

And a queen she is. Her designers first made her so with appointments such as her grand, mirrored stairway (augmented, of course, by elevators). But mostly her status is exemplified by the royal—and warm—manner with which we were treated by crew and staff members. And the service. . . Well, we rarely returned to our immaculately kept, air-conditioned stateroom without finding fresh towels.

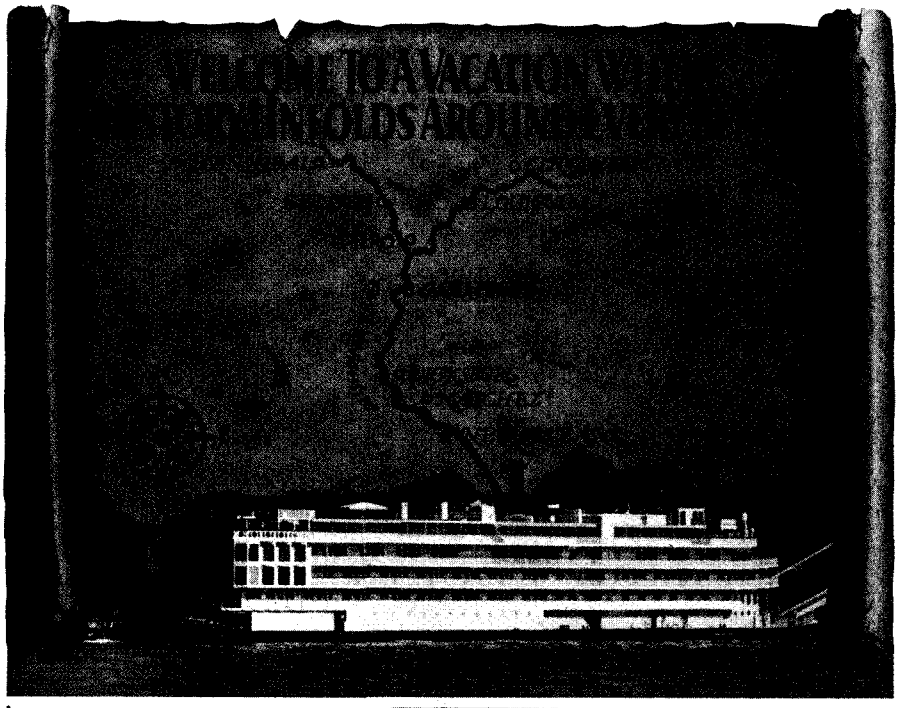
On the *Mississippi Queen*, we could do as much as we wanted to do—far into the night—or as little. There were bridge lessons and bridge playing, exercise classes, relaxation in the sauna, dips in the Jacuzzi/pool, bingo, movies, kite flying, opportunity (for the musically inclined) to play the boat's many-whistled calliope, delightful dining on Southern cooking with innovative Creole and Cajun touches (we quit counting calories when the dessert was served at the Captain's champagne dinner—baked Alaska), nightly entertainment and dancing, with a Mardi Gras ball held one night (costumes for those who felt up to them).

Some of the time we just enjoyed watching the river traffic and wondering how those little tugboats could push so much more than their weight or visiting with newly made friends among the 412 passengers.

On the entire trip, we were without television or radio, and during the final days we had no newspapers. For us, the world beyond the Mississippi had stopped, and the pause gave us a refreshing new outlook on life.

On our last night, we were at our favorite spot—a corner table in the Paddle Wheel Lounge. There we listened to Steve Spracklen thumping the ragtime piano, Fred Dodd plunking his banjo so hard he broke a string and Sheri Conner, "Red Hot Mama of the Mississippi," singing anything the other two could play or vice-versa.

For dining while listening to the music in the lounge, we had the late-night buffet. Ah, the size of those gulf shrimp! For watching through windows, there was the boat's paddlewheel, turning, turning. The only things missing from the scene were wealthy plantation owners, sitting at a round table, puffing long black cheroots, downing bourbon and playing highstakes poker. But, we knew, we couldn't have everything before the *Mississippi Queen* docked at Memphis.



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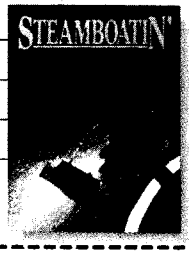

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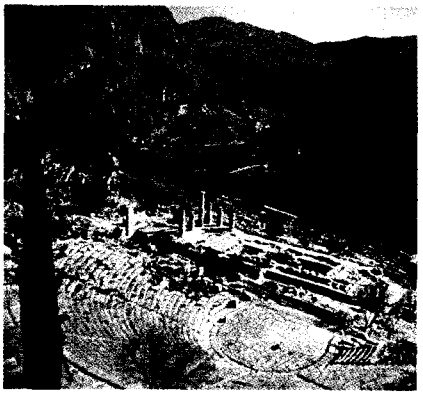
Where in the World?

Old and new, man-made and natural, far away and near—
can you put these pictures in their proper places?

A

☐ *Arizona*
☐ *California*
☐ *Nevada*

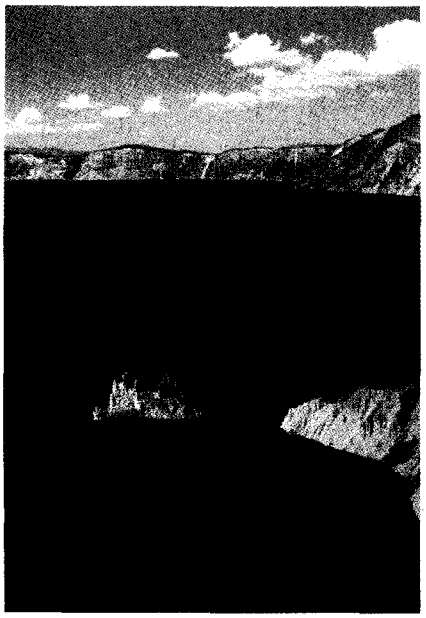
Once upon a time, collegians were accused of living in ivory towers. But the times have changed. "Poured-concrete towers" doesn't have the same ring to it —but we can assume that university life goes on at this southwest-U.S. campus library much the same as always.



B

☐ *Rome, Italy*
☐ *Carthage, Tunisia*
☐ *Delphi, Greece*

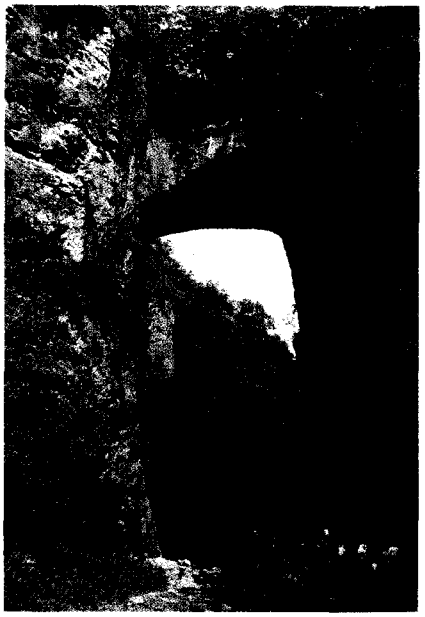
Knowing what the future would bring was at least as pressing to the ancients as it is to us. But it couldn't have been much fun, taking a long journey just to find out what the gods said your shares of Togas, Inc., were going to do if the Spartans attacked.



C

☐ *Oregon*
☐ *Washington*
☐ *British Columbia*

"Steady as a rock," a captain of this Phantom Ship might say. But would steering a volcanic rock through this lake make him very, very blue? Few things in the world are as blue as the top of this mountain that "blew it."



D

☐ *Ohio*
☐ *Vermont*
☐ *Virginia*

Before the Far West was explored, this natural arch was one of the wonders of America and a favorite of painters. Thomas Jefferson once owned the land.

Answers on page 103

Bassing

continued from page 45

come successful anglers. Our organization has changed that, and we've proven it doesn't take big biceps to pull in a lunker bass."

Bass'n Gal stages five tournaments throughout the year around the country. The Bass'n Gal Classic, to determine the women's world champion, will be held this year in October at a location to be announced later. First prize in that championship tournament will be $20,000 in cash and prizes. The reigning Bass'n Gall world champion is Doris Canik of Many, Louisiana, who won a Ranger Bass Boat and cash, totaling $20,000 in 1983.

Ferris also pointed out that women purchased 21 million fishing licenses last year, compared to only 9 million in 1970. The impact by women on the tackle industry and in related products has amounted to an annual expenditure of more than $128,000,000. Consequently, a number of manufacturers have been designing gear and clothing specifically suited to the female angler.

Thomas recommended that women contemplating starting bass fishing should "make awfully sure that they are going out for the first time with someone who definitely knows something about the sport. Because if you do go out and don't catch fish, you'll quit and will really be missing out on a great sport."

Most professionals agree that one of the keys to becoming a better angler is practice. They advise the beginner to become as accurate as possible in casting with both spinning tackle and conventional bait-casting gear. Likewise, they suggest developing versatility with all types of bait, such as plastic worms, plugs, spinner bait and even live bait. But the single most common recommendation offered by the pro anglers is to accumulate and utilize as much knowledge as possible. Applied knowledge, they all agree, will most often prevail in the long run over luck.

Exactly how rich professional bass-fishing purses will become in the future is anyone's guess; there seems to be no upper limit. Ray Scott, for example, is predicting that within two years B.A.S.S. will sponsor a $1,000,000 supertournament. But one fact remains obvious —there are big bucks in bass'n.

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BENJAMIN FRANKLIN
Literary & Medical
· SOCIETY ·

Dear Reader:

We can't think of a single gift which would do more for your good health than to start you using high-lysine corn meal and high-fiber unprocessed miller's bran.

We've been writing about the virtues of high-fiber wheat bran for years, and lately we've been telling you why we believe a high-lysine, low-arginine diet is so beneficial to ward off viruses. Now we're going to put our money where our mouths are. We've bought corn-grinding equipment and our volunteers are bagging the high-lysine corn meal as well as unprocessed miller's wheat bran, which has been donated to us by a generous miller. We're packaging both in lined, brown paper bags to get people started who haven't yet discovered the amazing benefits of adding back the bran, or going on a high-lysine, low-arginine diet.

Readers ask us repeatedly, "Exactly how much bran should I take?" So we called Dr. Denis Burkitt, the godfather of the high-fiber discoveries. From London, in his inimitable British accent, he said, "It varies enormously with different people. What we tell them now is, 'If you have enough fiber, your stools normally float.' And everybody can find out whether their stools float or sink. Take enough to make your stool float," he said. "Some people need more than others." Getting your stool to float will probably double the size of your stool, and this is what you want, says Dr. Burkitt. "Speeding up the transit time is important but it isn't nearly as important as increasing the amount of stool you pass," he said.

We asked him how much stool the average adult male should pass. He replied, "I think he should pass at least 225 grams (about 1/2 pound). The average American today is passing a little over 100 grams (less than 1/4 pound). Stool weights are even more closely related to cancer than the transit time of the food. If I were a doctor examining candidates for life insurance, the first question I'd ask would be, 'How much stool do you pass daily?' If the candidate says, 'About 250 to 300 grams,' well, I'd say, 'I'm not wasting time on blood chemistry tests, you're okay--you can get your policy,' and if he says, 'I don't even get out 100 grams a day,' well, I'd say, 'It's not worthwhile to test you because you're a pretty poor risk.' That's how important a high-volume stool is to your health."

If you care about wellness, I hope you will read the next page.

To your good health,

Cory SerVaas, M.D.

Cory SerVaas, M.D.
Research Director

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Those lucky first 500 who wrote for their free bags have told us that their cornbread and corn waffle recipes taste better when made with high-lysine corn. When we offered the free high-lysine corn to the first 500 who wrote, we had no idea that we would receive more than 10,000 inquiries.

The first 500 were mailed and we have heard from many of the recipients. We wish we could mail gift bags to all of our members but we must limit it to those who send a contribution to support our cancer and heart-disease research.

If you can send a contribution, please know that it will be spent on practical medical research to find out how to prevent cancer and heart disease. Our gift to you is for your good health. Your gift to us helps others as well.

The Saturday Evening Post Society

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Yes, I want to start on high-lysine corn meal and unprocessed miller's wheat bran. Please send me a bag of each, along with a free copy of high-lysine corn recipes. I'm enclosing a contribution to the medical research for: Cancer prevention ☐ Heart disease ☐

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DeVita

continued from page 56

er smoking is harmful or not is really ludicrous. There isn't any evidence on the other side. It's probably the one thing in science that there's unanimity of opinion on.

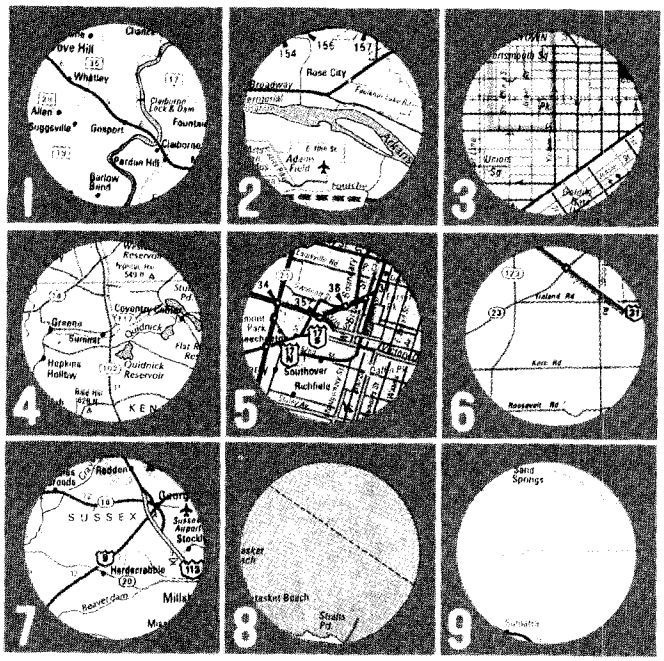
Dr. SerVaas: But the public doesn't know that. Would you debate the chairman of R. J. Reynolds if you had the opportunity?

Dr. DeVita: Sure. I'd like to have them explain a couple of things, like the business of chewing tobacco and dipping snuff. Something like 10 to 15 percent of oral cancers in this country are directly related to snuff dipping. They're increasing that market, and I understand that some high-level tobacco official in one of the tobacco companies has been quoted as saying, *"When the kids chew tobacco and they get hooked on the nicotine, you've got them forever."* That means they'll be hooked on nicotine and they more likely will smoke cigarettes after that. I'd like to hear an explanation of how one could justify that. I'd be very interested.

Recent data, for example, from our Institute show that snuff dipping among populations in the South—where they have been doing this for a long time—is associated with such a very high incidence of cancers of the oral cavity and mouth. A relationship is unequivocable. We do have cancer-mortality maps, and the spots stand out on the map so brightly that we had to go down there and find out what was going on in the areas with the high incidence of oral-cavity cancer. We found out it was due to snuff dipping. I don't understand how they can look us squarely in the eyes and tell us that we should have an open debate when they're packaging chewing tobacco in packages that resemble bubble gum so they can attract known teen-agers to chewing tobacco. I'd like to be in a public debate and get an answer to that one!

I'd also be very interested in hearing what data the tobacco industry leaders would believe in terms of the causation between lung cancer and cigarette smoke. For example, we know that there are animal data showing that inhalation of smoke will, in fact, cause cancer. We certainly know that when you take smoke, condense it and paint it on the skin or put it in the lungs, no matter what you do with it, it causes cancer. There are at least 40 known carcinogens in cigarette smoke. There are thousands of chemicals that are potentially carcinogenic in cigarette smoke. I think they're just hiding behind a facade. There are no data they would accept, because it would prove what we have said.

Dr. SerVaas: I heard Bill Monroe say the only campaign left that the cigarette companies could come up with would be a campaign stating, "Cancer Is Good for You."



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 103)

Dr. DeVita: And by the way, if you take all the causes of death from smoking, cancer is the minor one. The smoking deaths from heart disease and lung disease are atrocious. About 350,000 people a year in this country die as a result of smoking. And only about 150,000 of those are cancer deaths, so that the majority are heart attacks caused by cigarette smoking. It's just a dreadful problem.

Dr. SerVaas: In Norway, no cigarette advertising is permitted at all. Have you thought of trying to get cigarette ads out of publications now that they're off the airwaves?

Dr. DeVita: We were just having a little dialogue with *Ms.* magazine about that. If you look at the ads in *Ms.* magazine, women are being used terribly, and they show cigarettes and elegant women in very stylish situations where the cigarette is very much a part of the image. It's part of this "you've come a long way, baby." This is why deaths from lung cancer in women will pass deaths from breast cancer. We would question why *Ms.* would accept ads like that, because it's part of this business of "this is how you're going to be acceptable in this social setting if you take a cigarette out." They've come a long way, now they have to catch up to men because more men have quit smoking than women, which is the challenge we have tried to make. We got a letter back from *Ms.* saying that they feel part of being a liberated woman is to have a choice, and that's why they have used these ads in their magazines. Our feeling is that they're probably getting pretty good revenue and they don't want to give it up.

Dr. SerVaas: Do you have any plans to ban smoking in the National Cancer Institute?

Dr. DeVita: We have sent a memo around to everybody asking them not to smoke, and we'll make special arrangements for people who feel that they just can't quit. We don't want people smoking in

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offices and polluting the air for the other people in the office. We have a few examples where people who feel that they have to smoke are leaving their offices and going to a special place to smoke. In most cases, it's the men's room and ladies' room. Some of the people who we've said cannot smoke in these offices have had to make a special effort to go someplace else to smoke. They've said that after doing that for a couple of months, they found that their consumption of cigarettes at home, where they're free to smoke, has gone down. It's helped them get away from the heavy smoking. You can do people a lot of good by making it inconvenient for them to smoke. You do it in a very nice way and they know you're trying to help them. Then they will quit.

Dr. SerVaas: Do you make a special effort to hire nonsmokers at NCI?

Dr. DeVita: I just hired a new secretary and she's a delightful lady. To tell you the truth, I never even asked her if she smoked, and I guess it's because I naively assume that people don't smoke. She didn't cough and she didn't have cigarettes in sight. Supposedly she didn't smoke. I can't afford to have secretaries in my office who smoke. I probably wouldn't hire a smoker. No, it just would not be the right thing for me to do.

We have to be able to stop as many people from smoking in the next 5 years as we did in the past 15 in order to be able to reach our goal —50 percent less cancer mortality by the year 2000. I think there's every sign that we can do that.

Remove Breast or Lump?

continued from page 59

their cancer is too advanced?

Dr. Findlay: This specific study is addressing women with stage-one and -two breast cancer. That is, lumps that are five centimeters [about two inches] or smaller without skin involvement or skin ulceration and without lymph nodes that we can feel underneath the arm or that, if we can feel, are freely movable and not very large. There can be no other evidence of disease elsewhere or of cancer elsewhere in the body. Those are the people suitable for this particular trial. However, patients with just about every stage of cancer are being studied here, so that if we get a patient inquiring about this study who we discover has a bigger lump, other studies that we are currently conducting here are suitable for those patients.

If we look at the National Cancer Institute as a whole, ever since its inception, it has attracted physicians who were interested in breast cancer research.

Dr. SerVaas: Could you describe what happens when the newly diagnosed patient first arrives at the In-

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stitute?

Dr. Findlay: Typically, the patient is interviewed by the radiation, medical and surgical oncologists. There are a number of tests and physical examinations and other clinical studies carried out. We go over all those studies and findings with the patient and again discuss the differences in treatment and alternatives offered on the study. Then the computer picks a number and tells us which treatment the patient will get. Usually the surgery is going to be scheduled for several days following that randomization procedure.

SerVaas: Is there much difference in the length of hospitalization for the two options?

Dr. Findlay: No. One option is the lumpectomy with axillary node [underarm lymph node] dissection. Most of the surgery in that option is the axillary node dissection, and the patients are generally in the hospital recovering from that surgical procedure for about seven to ten days. The other patients, who receive a modified radical mastectomy, have the lymph nodes under the arm removed and the breast removed, but again, the major recovery time is involved in recovering from removal of axillary lymph nodes. Those patients are also in the hospital for about seven to ten days, maybe a little bit longer. If a mastectomy is administered and if the patient does not have positive axillary lymph nodes and does not require any chemotherapy, that's the end of treatment, and the patient starts on a follow-up schedule.

Dr. SerVaas: In this country, would you hazard a guess as to how many women are currently getting lumpectomies versus mastectomies?

Dr. Findlay: I think that varies a great deal depending on the part of the country where a person resides. If the patient lives in an area near a major medical center where there's a lot of interest in doing lumpectomies, I think that 10 percent, and in some hospitals maybe even 20 percent, of the patients who have early-stage breast cancer now undergo lumpectomy/radiation breast-conserving procedures. In other areas of the country, it's just not available, so I think it depends a lot on which section of the country you're looking at.

Dr. SerVaas: It's not available because the surgeons are afraid of missing part of the tumor in their surgery?

Dr. Findlay: Yes, it's a technique that's been done with a lot of experience in only a few centers. I think that's one issue, and I think the other issue is people are awaiting a scientific answer.

Dr. SerVaas: Yes. And while they're waiting they're doing the conservative mastectomy?

Dr. Findlay: Exactly.

Dr. SerVaas: What is the average age of your group?

Dr. Findlay: It's pretty comparable to the rest of the country and in the general incidence of breast cancer. I think the last time I looked, it was about age 48.

Dr. SerVaas: So you do have some senior citizens coming too?

Dr. Findlay: Oh, yes, and they're perfectly welcome. I think the youngest person is 26 years old. Part of mastectomy treatment that we give to people on the study includes breast reconstruction. That's very important. We include, as part of the mastectomy treatment package, breast reconstruction, and I encourage people to have it. That doesn't mean that you absolutely must have breast reconstruction, but I think that that's an important part of the treatment that we make available to people.

Dr. SerVaas: What could we tell our readers about your staff and the quality of care they'll be getting should they join your study?

Dr. Findlay: First of all, our staff at the Cancer Institute is here because they are specifically interested in breast cancer and breast cancer patients. The people

continued on following page

You be the Judge

By John A. Ritter

"Immediate Insurance Coverage," the brochure promised.

"Don't delay even one day," continued the ad. "If you need insurance, you need it now."

Frank needed insurance, so he completed the application for life insurance and mailed it to the company.

Two days later, Frank was killed in a car accident. On the day after his death, the company received his application and mailed a form officially issuing the policy.

When Frank's widow tried to claim $50,000 in death benefits under the policy, the company denied payment.

"Sorry," said the insurance-company agent, "but he wasn't covered at the time of death. An insurance contract is never binding until the company accepts the application and issues a policy. Although Frank applied for insurance, it was accepted too late for him to be covered."

"But your brochure promised immediate coverage," argued the widow's lawyer in court.

If you were the judge, would you make the company pay?

The widow collects the $50,000 policy because the brochure led Frank to believe that he was covered as soon as he mailed the application.

"Usually, an insurance contract isn't in force until the company accepts the application," said the judge. "But where the company solicits through the mail with a brochure that promises immediate coverage, a different rule of law exists."

(Based on a 1973 federal case in Texas)

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who are here for the breast study have been working together for quite a long period of time. We work very well as a team. We have a program that I think really addresses not just the tumor, not just the disease, but also the patient. We're very concerned about our patients and we're grateful to them for helping us answer this question. We all feel it's very important. I think with that level of interest and certainly with the level of expertise here, the actual medical treatment that's administered to people is superb. Also, I think that the psychological support is just outstanding.

After interviewing some of the women who are participating in the study, I came away from Bethesda with the distinct feeling that, should I be unfortunate enough to have a malignant lump diagnosed in the near future, I would opt to be part of the study.

The National Cancer Institute needs more volunteers to participate. If you are one of the 315 United States women who are diagnosed daily as having a malignant breast lump, there is a 70 percent chance that your lump will qualify you for participation.

If you aren't already convinced that you would want a lumpectomy or a mastectomy, you might want to join the program.

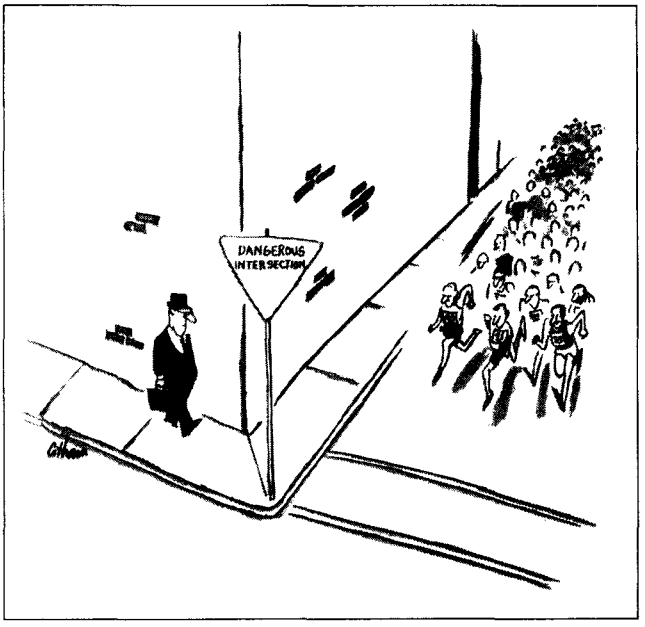
A phone call to Dr. Peggie Findlay will get you all the additional information you need before traveling to Washington, D.C. The telephone number is 1-301-496-5457.

Prevention

The best route available to women is to do everything possible to avoid cancer in the first place. With that in mind, I spoke with Dr. William DeWys, who is conducting an interesting project at the NCI that will put 3,000 women with a high breast cancer risk on a low-fat diet (20 percent).

"One of the important areas that we are looking at is the role of diet as a factor in determining risks for developing cancer," Dr. DeWys explained. "We are giving dietary fat particular emphasis in our studies. The types of cancer that have been associated with high intake of dietary fat include cancer of the breast, cancer of the colon, cancer of the prostate and cancer of the endometrium [lining of the uterus]. We think that if we can reduce the dietary fat intake in the population, we can significantly reduce the incidence of these cancers. At the present time, I would say that the evidence is perhaps 99 percent certain of these associations that I've mentioned. We're in the process of conducting research projects which will, at least theoretically, bring us from 99 percent certainty up to 100 percent certainty."

He explained that his study would use women at high risk for contracting cancer. The risk factors include having a first-degree relative with breast cancer, previous biopsies or benign disease of the breast and a late age at first pregnancy (over 30). "We have evidence from other studies that women who have two or more of these risk factors have a significantly increased risk for breast cancer," Dr. DeWys explained. "One of the starting groups for this will be women who have participated in breast cancer detection projects that we have funded in the past. These women came periodically to have breast examinations and mammographies. They filled out a questionnaire that includes their family history; whether they had previous biopsies; and their age at their first pregnancy. We can just take these questionnaires through the computer, and it will sort out those women who meet the criteria. We will then invite those women to come in and participate in the study. We will, in addition, accept any high-risk women who volunteer.



"Our tentative sample size calculation now is 6,000. But we will modify that based on the degree of adherence to the diet and how many people drop out," the doctor said.

I then asked Dr. DeWys to explain the diet that this study is going to prescribe for the women. "This is our first study in which we are deliberately trying to intervene our diet," he replied, "and we have deliberately attempted to emphasize the fat, because we feel that is most important. We are not going to emphasize any other change in diet, simply because we don't want to fail by making it too complex. We are then going to ask half of the women in the study to go on a low-fat diet, while the other half are asked to simply continue their usual diet. Forty percent of the calories in the U.S. diet are derived from fat. In the experimental diet we will aim for 20 percent of the calories to be derived from fat.

"The three main categories of foods that are richest in fat include the meats, dairy products and what we call fats and oils," he continued. "The fats-and-oils category is probably the largest source of fat in the U.S. diet and in many ways is the one that can be adjusted with the least adverse effect on your overall diet. This category includes butter and margarine, salad dressings and oils that are used in baking.

"Turning next to the meat category, we have a series of suggestions to reduce the fat content drawn from meat. One suggestion is to select more fish and poultry and make fewer choices from the red-meat category. Second, we suggest that, prior to any cooking, people remove all visible fat from beef or pork, and if they're using poultry, that they remove the skin, because in poultry much of the fat is associated with the skin. Also, the cooking method is important. We recommend cooking the meat on a rack so that any fat

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released by the cooking process can drip off from the meat and not be eaten with the meat. We particularly discourage use of frying because frying actually adds fat to the meat.

When I asked Dr. DeWys about the wok, he replied, "I have reservations about the use of a wok. The temperature that is employed there may be higher than is advantageous. The temperature at which the food is prepared is another factor that we have some concern about. There is evidence that preparation of foods at very high temperatures will cause the formation of certain chemicals that have been shown to have mutagenic activity. Mutagenic activity means that this chemical will damage the DNA, which is the genetic information in a cell. The mutagens may also be carcinogens and could cause cancer. The evidence is incomplete as to whether these chemicals formed by cooking at high temperatures can cause cancer. We recommend cooking foods at moderate rather than high temperatures.

"The other large portion of the diet having fat is the dairy foods. There you simply need to suggest that people go to fat-free or low-fat products instead of the whole milk and regular cottage cheese, etc."

Early Detection

Even though you follow all of Dr. DeWys' suggestions for the prevention of cancer, there's still the possibility of developing a lump. The bottom line is: by catching a small lump before the lymph nodes become positive, you have the option of a mastectomy or a lumpectomy with radiation. Once your lymph nodes are positive, the specter of chemotherapy comes into the picture. And laymen as well as oncologists know that to avoid the necessity of chemotherapy is a plus.

How can you avoid it? A technique that can be employed by all women is self-examination. This method can be demonstrated by your personal physician. When done routinely, self-examination is an effec-

continued on page 110

WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

1. Alabama
2. Little Rock, AR
3. San Francisco, CA
4. Rhode Island
5. Savannah, GA
6. South Bend, IN
7. Delaware
8. Boston, MA
9. Montana

Norman Cousins

continued from page 26

sit at his feet for hours at a time. But after a while, I had to say, "Bapu, please move your feet," and he would say to me, "Koomeraswa, you're no rose yourself."

" 'Mahatma shared with me a few nuggets of his wisdom. He would say to me, "I have learned just three important things in my life. First, dead frogs don't dance." At first, I didn't know what he meant. But I thought about it, and it is true. Dead frogs don't dance.

" 'Mahatma also said: "Don't think of the good old days. Think of the good old nights."

" 'His third gem: "Don't go to bed mad. Stay up and fight."

" 'But that is not all. One time I asked, "Bapu, how does one avoid catching a cold?" and he replied, "Don't breathe in public." ' "

We all had a good laugh. The brothers Singh removed their beards and we sat down to dinner. The first Dr. Singh was revealed to be a friend of ours who is Norman's size and has the same brown eyes.

Norman had been talking to himself quite a bit in the days before the party. Now I realize he had been practicing. He knows we expect him to do something unusual. I can hardly wait to find out what he will do next year.

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WHERE IN THE WORLD

(Answers from page 94)

A. The Central University Library of the University of California is found in San Diego.

B. Delphi, Greece, is the seat of the main temple and the oracle of Apollo.

C. Crater Lake in Oregon is 1,932 feet deep.

D. Natural Bridge is located in Virginia.

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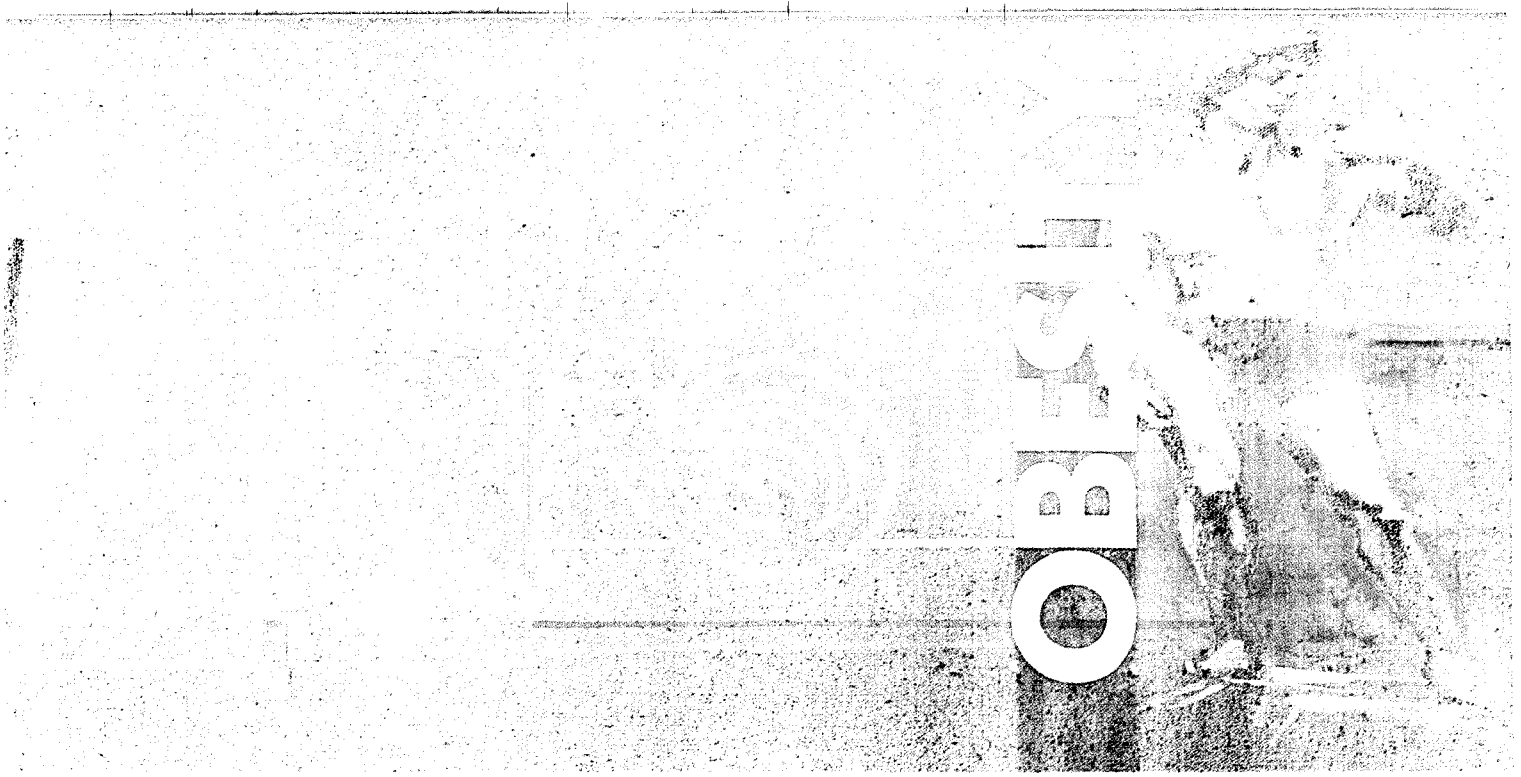

July 5
Breast Cancer
Should a woman have just the lump removed? Or should the entire breast be taken? What are the newest therapies and the best advice for preventing breast cancer in the first place?

July 12
AIDS
A virus is associated with the cancer of AIDS patients. Kaposi's sarcoma, a cancer of the blood vessels from which AIDS victims die, contains a herpes virus. Will a cancer vaccine result from these discoveries?

July 19
Colon Cancer
Well, here are the culprits . . . bacteria that die when the bowel doesn't contain enough fiber. This forms a most lethal carcinogen, **fecapentaene**, which is found in people who develop colon cancer. To avoid it, Americans should double their fiber intake. Authority Dr. Tracy Wilkins will explain.

July 26
Hearing Aids
Now hear this! Fifty percent of hard-of-hearing patients are able to conceal their "micro-sized" hearing aids in their ear canals. It's far better to wear one than to miss your signals.

August 2
PDQ
Where to turn if cancer strikes? To a "user friendly" computer, that's where. PDQ means "physicians' data query." It makes available a data base of all the cancer specialists in a geographic area. PDQ can help your doctor find the best specialist to treat a particular type of cancer. It also gives state-of-the-art treatment information for any given cancer. Dr. Vincent DeVita, Jr., director of the National Cancer Institute, will explain.

August 9
Appendicitis
This common surgery might be avoided by eating more fiber. It is never diagnosed in tribal Africa unless the patient has been eating our Western diet.

August 16
Obesity
Do you know when obesity started to become a problem for man? If you look back a few centuries ago, you will find that people began to appear fat in paintings at the same time they began removing the fiber from their carbohydrates. Add back the fiber for easy weight loss. Dr. Denis Burkitt will attest.

August 23
Fitness
How fit are you? Just because you're not overweight doesn't necessarily mean you are fit. Daily exercise is more than fun and games. It can prevent fractures by keeping the calcium in your bones, and it can lower your blood pressure, prevent heart attacks and more. Hear George Allen, Chairman of the President's Council on Physical Fitness and Sports, tell about the new National Fitness Academy.

August 30
Gallstones
Dr. Denis Burkitt will explain why a high-fiber diet protects whole populations from this problem. Americans have more than 250,000 surgeries each year and the number of deaths in the United States from gallstone surgery annually reaches 10,000. Find out how to avoid them.

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."—Thomas Edison

Gallstones

The Gallstone Formers Club will hold its first meeting in Indianapolis on Friday, July 27.*

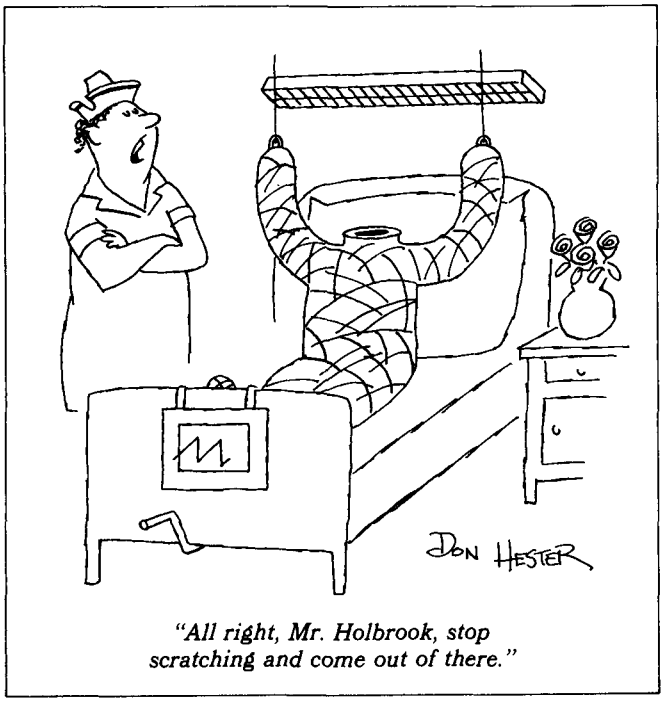
The purpose of the club is to support researchers who might do for gallstones what Dr. Christian Chaussy did for kidney stones—remove them without surgery. Club members have arranged with Methodist Hospital to use the kidney-stone lithotripter to help researchers study the feasibility of adapting such equipment for the removal of gallstones.

Another purpose of the Gallstone Formers Club will be to invite international authorities to the United States to lecture and work with our activist club and researchers to find ways of *preventing* gallstones. In preparation for the gallstone meeting, members of the newly formed Gallstone Formers Club attended the International Fiber Symposium in Washington, D.C., in April to discuss the prevention of gallstones with fiber.

Gallstones are one of the most common diseases both in the United States and throughout the Western world. Dr. Denis Burkitt pointed out that on the average, 1,000 gallbladders are removed in the United States every weekday of the year. But he removed gallbladders from only two Africans in his 20 years as a surgeon in that continent. "One of them was the only queen I have ever operated on," he said. "She might have been eating an imported Western food," he speculated, "because there's no doubt that gallstones are related to diet."

He explained: "Certain components of fiber bind bile acids in the intestine so that they are eliminated in the stools rather than being reabsorbed and returned to the liver. Since bile acids are made from cholesterol, more cholesterol must be used up to replace its loss in the bile. Not only is cholesterol reduced in this manner, but there is some evidence that cereal fiber reduces the *manufacture* of cholesterol in the liver."

Dr. Ken Heaton (above, left) of Bristol, England, Dr. Alec Walker (above, right) of Johannesburg, South Africa, and Dr. Denis Burkitt of London, England, were interviewed for TV appearances by *Post* editor during the International Fiber Conference. These leaders in fiber research believe many diseases, including gallstones, can be prevented by restoring fiber to the diet.



"All right, Mr. Holbrook, stop scratching and come out of there."

Besides these changes, it has been shown that an increase of cereal fiber in the diet increases the production of *chenodeoxycholate*, which helps keep the bile cholesterol in solution. Dr. Burkitt pointed out a certain paradox in the treatment of gallstones. "The strange thing is when you get gallstones now in this great country of America, you're often given a drug called *chenodeoxycholic acid.* It comes from the bile of poor oxen in the slaughterhouse. And by taking it you may, by chance, get rid of your gallstones. But if you eat a high-fiber diet, a high-cereal fiber diet, you will produce your own chenodeoxycholic acid. How much better to produce your own correct bile acids than get a gallstone and then go to the slaughterhouse to try to get rid of it from the bile of cow.

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"Chenodeoxycholate which has been taken from ox bile tends to dissolve gallstones but is not without side effects, as well as being expensive. If it can be established that an increase in fiber-rich foods could, throughout life, maintain an adequate production of chenodeoxycholate and reduce or even prevent the formation of gallstones, then recommending dietary changes would certainly be a better approach than having to remove gallstones surgically or dissolving them with medicines after they have already developed."

I asked Dr. Burkitt what he would suggest our members should eat to avoid gallstones. He said, "Tell them that to avoid gallstones and many of the other diseases in Western culture, they should eat more complex carbohydrates such as whole-grain breads, using wheat, rye, oats, corn and millet; whole-grain cereals, such as wheat bran, oat bran and corn bran; high-fiber vegetables such as potatoes, carrots, beans, peas, Brussels sprouts and onions." By eating these foods, Dr. Burkitt explained, one automatically reduces fiber-depleted carbohydrates such as white sugar and white flour. When one eats these high-fiber, filling foods, less fat can be consumed.

"The message I really want to get across," said Dr. Burkitt, "is this: It's better to prevent gallstones—and I believe they can be abolished in this generation."

Dr. Kenneth Heaton's interview supported these findings: "There's a very strong relationship between gallstones and obesity. Not everybody who gets gallstones is overweight," Dr. Heaton told me. "But if you are overweight it increases your chances greatly. In terms of specific items of diet, evidence is now beginning to emerge that the main problem comes from an excessive intake of energy calories, specifically sugar.

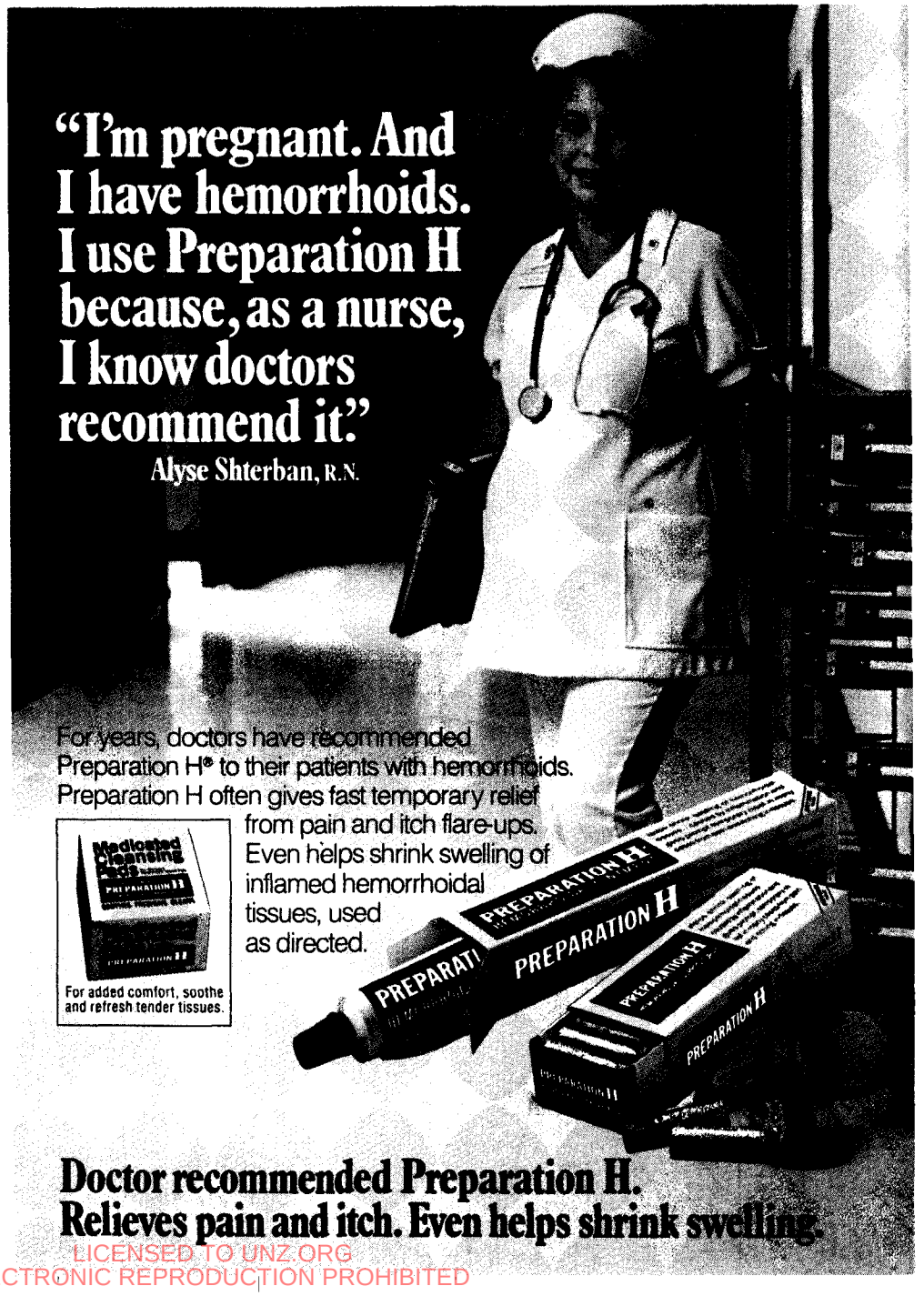
"If you feed a rich source of fiber in the form of wheat bran to people, you can change their bile so it is less likely to develop gallstones. I think to increase your intake of fiber—especially wheat fiber, bran, if you like—is quite a sensible way of reducing your chances of gallstones," said Dr. Heaton, who works at the Bristol Royal Infirmary in England.

"Since World War II there has been a worldwide increase in the number of patients undergoing surgery for gallstones. This has been documented in England, France, Sweden, Canada, Greece and South Africa. There has been a disproportionate increase in younger people and also in men—the least-susceptible groups in the population. When a disease spreads to involve less-susceptible people, it suggests that the pathogenic [disease-producing] factors have intensified.

"In high-incidence countries like the United States and Sweden, selected members of the population have bile which is nearly saturated or supersaturated with cholesterol, but the bile of rural Africans and Japanese is almost always highly unsaturated.

"Incomplete as they are, the epidemiological data do suggest that gallstones are essentially a disease of civilization and especially of modern Western culture. This of itself leaves open many possible explanations, but the only theories which command any credence today are nutritional ones. Evidence for these comes from disease associations, animal models and dietary experiments."

Dr. Alec Walker of the South African Institute for Medical Research in Johannesburg also attended the symposium and presented us with more evidence that fiber prevents gallstones. "In tribal South Africa," he said, "I became interested in the difference in their diet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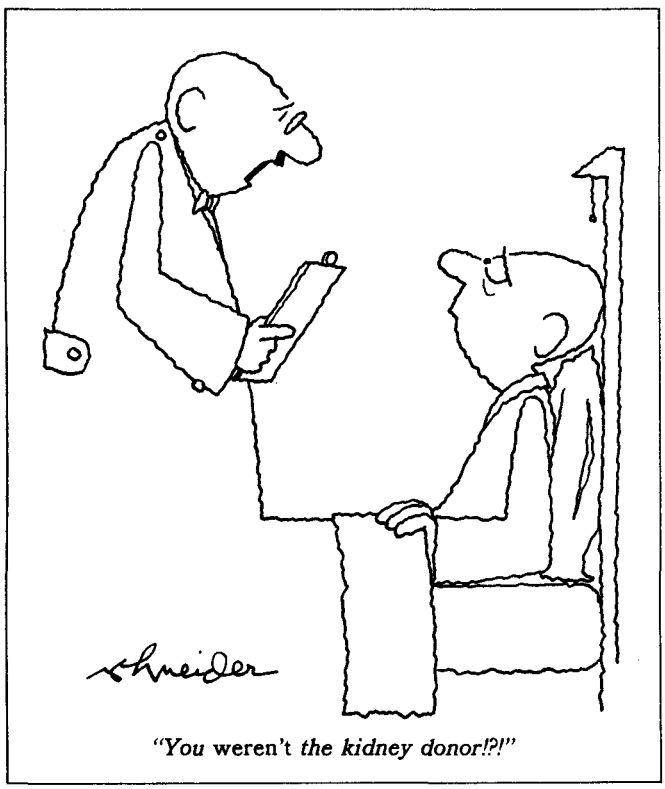
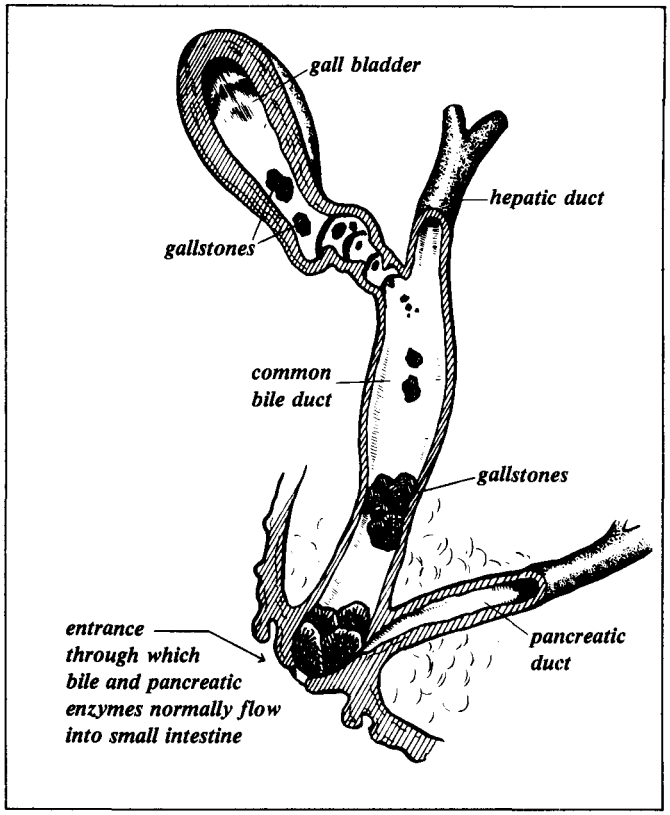
We honor Dr. Vincent T. DeVita, Jr., with the Benjamin Franklin Award because we think he exemplifies a Franklin approach to the problem of cancer. He is a solid researcher with 20 years of cancer study, but his award comes because of the excitement that is being generated at the NCI under his direction. Trained at the George Washington School of Medicine, the University of Michigan, and Yale New Haven Medical Center, Dr. DeVita has impressive credentials and can afford to speak out. We applaud his aggressive emphasis on diet and epidemiological studies to find out what causes cancer and how to prevent it, his courage in recommending that the public begin eating a high-fiber diet and his own good sense in having started eating it himself when many of his peers were still in a "wait and see" or "no proof" stance. We predict Dr. DeVita will steer the NCI to some major cancer victories.

We hope this award will help convey the feelings of a grateful nation to this champion of cancer treatment and prevention.

Readers are invited to nominate candidates for the Benjamin Franklin Award. The name and address of the nominee along with complete details should be mailed to:
Awards Committee
Benjamin Franklin Literary & Medical Society
1100 Waterway Blvd.
Indianapolis, Indiana 46206



"You weren't the kidney donor!?!"



Most gallstones are made of cholesterol. Wheat bran and other high-fiber foods combine with the cholesterol-containing bile acids in the intestine so that they are eliminated in the stool rather being reabsorbed and returned to the liver. Cholesterol in the liver must then be used to produce more bile acids instead of being available for the formation of gallstones.

and their lack of many of our diseases. I found that they ate similiarly to my Scottish ancestors in the Highlands perhaps 150 to 200 years ago, who ate oatmeal porridge three times a day, seven times a week, thick soups at night, barley and lentils, etc., meat only occasionally and not many dairy products. But they produced a fine breed of people, and as evidence Napoleon said the Scottish soldiers were the best in Europe. The situation has changed now, but in their time, the diseases which are so important to us were much less prevalent then. I think that perhaps if it appeals to our common sense, we're not advocating outlandish diets. It is primarily a reversal to the past. Now of course it could be asked, 'Since this may mean big changes, what evidence have we got?' Strong evidence is forthcoming from wartime experience in certain countries where they did have more bread that was mainly unrefined. They had more fruit, more vegetables, less of animal foods and sugar. There's excellent evidence obesity, which affects so much of the population, became less. Appendicitis frequency went down and there was excellent evidence that diabetes was much less a problem. Certainly in Norway heart attacks went down.

"The diet of the native in Africa was high in cereals, high in legumes, not very high in fruit and vegetables. It was low in fat, low in sugar and very high in fiber. Now that it has been discovered fiber is so essential in the diet, the South African government has subsidized whole-wheat, whole-grain dark breads to the extent that they are much cheaper than white bread, in an effort to prevent the native populations from developing gallstones and

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other diseases that come about when they begin eating fiber-depleted diets.

"Among other things we noticed, tribal Africans had enormous stools two or three times a day. We determined with stool markers that their food passed through their digestive tracts very rapidly," said Dr. Walton.

**The Gallstone Formers meeting will be held at 1100 Waterway Boulevard, Indianapolis, Indiana, at 2:00 p.m., Friday, July 27. If you need more information about attending, please call Linda Rasor or Bob Silvers at (317) 636-8881.*

Uprooting Tobacco

If Benjamin Franklin were alive today, we can be sure he'd be thinking of a positive way to eliminate the problem of the tobacco farmers' crops, which should never be planted. We think he would be asking Congress to pass subsidies for farmers to plant high-lysine corn and high-lysine triticale in the South instead of tobacco. They could well afford to pay three times the subsidy to persuade farmers to plant the health-giving products instead of tobacco. Perhaps Ben would introduce "adopt a tobacco farmer" programs whereby civic-minded organizations could obtain high-lysine seed corn and high-lysine triticale seed to send to farmers to grow.

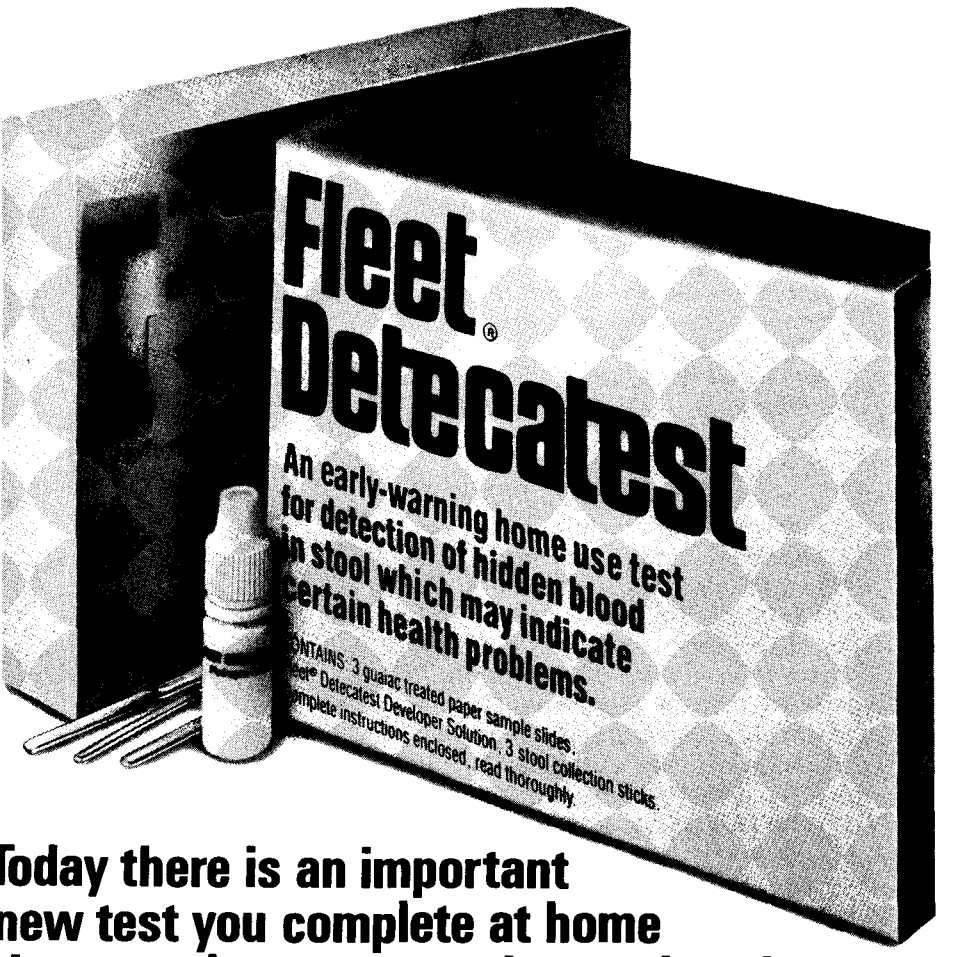
Hepatitis Vaccine

Among the more exciting recent medical developments is the marketing of a vaccine for hepatitis B—Hepatavax-B.

At least three viruses cause infection of the liver. The mildest and most common of these diseases is hepatitis A. It is spread through contaminated food or water—a breakdown in sanitation. The viruses are passed in the stool of the infected person. This disease seldom causes long-term problems.

The second kind of hepatitis is hepatitis B, for which the Hepatavax-B vaccine is now available, though quite expensive (about $100 per vaccination). This disease is spread through personal contact. The virus is found in all body fluids. Most commonly it is spread through the sharing of needles for intravenous injections of illicit drugs and through sexual relations. Hepatitis B is particularly common among male homosexuals, and nearly all AIDS victims have been infected with it.

Hepatitis B is a much more dangerous illness than hepatitis A. Many of those contracting hepatitis B go on to suffer chronic hepatitis for as long as they live. Ten percent of those contracting hepatitis B become carriers and are infectious to anyone receiving their blood or having relations with them for the remainder of their lives! Of these, some will develop hepatoma, or cancer of the liver, which is fatal. Since liver cancer is the largest cause of cancer deaths worldwide, this viral vaccine may herald the first major use of a vaccine to prevent cancer. Experts predict that if this vaccine were employed widely in Third World countries, liver cancer would be reduced by 95 percent.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Home is where health care begins.

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Hepatitis B is a potential danger for those requiring blood transfusions, those who work with blood, dentists, doctors and morticians; it is a particular danger for male homosexuals, female prostitutes and the sexually promiscuous. If you fall in any of those categories, it would behoove you to obtain the vaccine.

A third type of hepatitis is non-A, non-B hepatitis. This type makes up a high number of hepatitis infections. The virus or viruses causing it have not been identified. It is a more dangerous illness than hepatitis A. In most respects, it resembles hepatitis B.

New Test for Hidden Blood

The good news is that a new test for hidden blood in the stool is available to detect early colon cancer. The test does not give a false negative result in the presence of vitamin C.

The bad news is that it requires boiling of the feces, so that it isn't likely to become a popular test in the home or even in the physician's laboratory.

Most people would probably rather go off vitamin C for two or three days and test with the presently available easy-to-use tests for occult blood in the stool.

The danger of missing an early cancer is great if the doctor isn't aware that the patient has taken a vitamin C supplement or a multivitamin containing more than 250 mg of vitamin C during the three-day period before a visit to the doctor.

In a false negative test the blue color, the danger signal, fails to appear when it *should have appeared*. It is a test that would not be repeated—probably for another year. That's why we worry so much more about a false negative. A false positive test, caused by iron or red meat, would of course be repeated in search of the problem.

Dr. Samuel Schwartz of the University of Minnesota Medical School, Minneapolis, Minnesota, has developed the test that does not give a false negative result in the presence of vitamin C. It also measures the quantity of blood in the stool.

It's called the HemoQuant test. When it was tried on patients with colon cancer, 97 percent had stool hemoglobins greater than 2 mg per gram of stool. Ninety-eight percent of the healthy subjects had levels less than 2 mg.

"Will you have the babies now, too?"

Since the HemoQuant test requires boiling of the feces, it would seem that for the time being, *Post* readers should be advised to continue using the home tests presently available for testing for hidden blood in the stool. Before doing these tests or before having a rectal examination as a part of a routine physical when the doctor will do a stool blood test, patients should always refrain from taking vitamin C supplements for two or three days. Several good products for this very important test are available in drug stores. They include:

Fleet Detecatest®
C.B. Fleet Company, Inc.

Hemoccult™
SmithKline and French Company

Coloscreen III™
Helena Laboratories

Wanted: Good recipes using high-lysine corn meal or high-lysine triticale. *The Saturday Evening Post* is preparing to publish a high-lysine cookbook. If your recipe is used in our cookbook, you'll not only receive a free copy of that cookbook but also will receive a choice of one *free* subscription to any of the national magazines published by The Benjamin Franklin Literary & Medical Society. So dig out your favorite cornmeal muffin, cornbread or other winning recipes which will tickle the judges' palates when made with high-lysine corn, high-lysine triticale or other high-lysine foods and rush them to: Kay Briske, P.O. Box 1144, Indianapolis, Indiana 46206. Hurry! Our deadline is September 15th.

Remove Breast or Lump?

continued from page 103

tive first line of defense. Another weapon in this war against cancer is the mammogram.

Most authorities believe that women under 50 should not be given breast X-rays yearly, on the theory that during their remaining life they might receive radiation. Women over 50, however, are in a higher cancer-risk category, and most physicians believe they should be screened annually because they are not likely to receive enough radiation in their remaining years to threaten their health.

Other guidelines include:

- annual palpation of the breasts by qualified medical personnel;
- between 35 and 39, annual mammography if you have a personal history of breast cancer; and
- between ages 40 and 49, annual mammography if there is a history of breast cancer in immediate relatives or a personal history of breast cancer.

When your doctor prescribes an X-ray, it is a good idea to ask where you can go to get the least amount of radiation—a particularly important consideration for women over 50 who are having a yearly mammogram. The cumulative effects of radiation will be significantly decreased with low-dose, state-of-the-art X-ray mammogram equipment. Newer equipment uses one-third as much radiation as xeromammography and 100 times less than the older X-ray equipment still in use at some hospitals, says Dr. Patricia Harper, a radiologist who operates the breast clinic where I go for low-dosage mammograms.

Japanese women, who eat far less fat than U.S. women, have about one-third as much breast cancer as American women; in Japan older women have far less breast cancer than younger women. Japanese women are screened for early detection. If the Japanese can screen their women, shouldn't we be trying harder, since we have three times Japan's incidence of breast cancer?

We would like to know what percentage of our female readers over 50 fail to have annual mammograms. To help us find out, we are hopeful that you will fill out and return to us the survey printed on pages 57-58.

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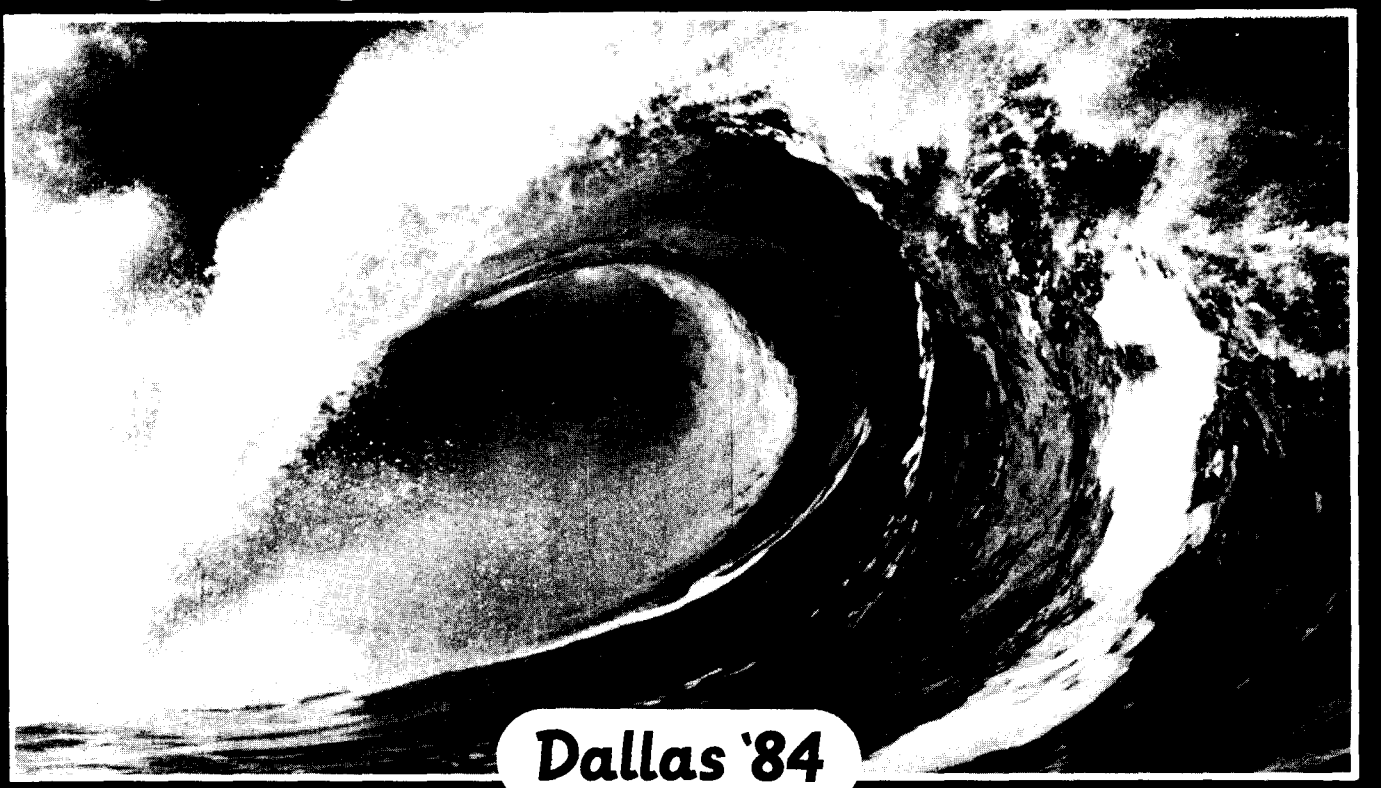

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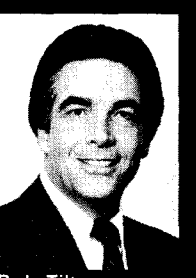
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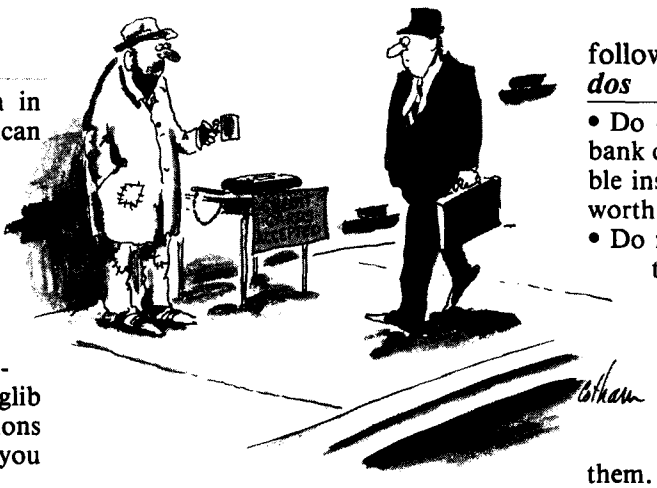
MONEY TALK

by Michael Allen



One thing you can bank on in 1984, according to the American Banking Association (ABA)—credit-card fraud in America will more than double last year's staggering $200 million.

"So what," you may say—that's a problem for the banks and the merchants. Let them handle it. But you may not be so glib when you learn that those millions will eventually be replaced by—you guessed it—you and me.

It's true that if your credit card is lost or stolen, and the finder or the thief goes on a shopping spree at Neiman-Marcus, your immediate liability will be limited to $50. However, Kurt Watson, vice president of the Fourth National Bank and Trust, Wichita, Kansas, and spokesman for the ABA, says, "Those costs are filtered back down to the customer through increased interest rates and increased costs in the goods and services the customers purchase."

Although nearly 95 percent of fraudulent transactions amount to less than $50, with 175 million credit cards in use and a total of some $68 billion a year spent via these plastic substitutes for money, credit-card holders, in toto, have much to lose.

"Actually, few crimes are easier to commit than credit-card fraud," says Mr. Watson. "It is a pervasive crime which, if not curbed, could surpass armed robbery or embezzlement in total losses."

Frauds are perpetrated in several ways. Cards are stolen. Lost cards are claimed as one's own. Carbons from sales slips discarded in the trash are picked up and an individual's credit-card number and signature are taken from them. Blank cards are stolen from the manufacturer or during shipment and are embossed for fraudulent use. The two major categories of fraud, however, are the use of altered cards (changing account number, name or expiration date) and of counterfeit cards (facsimiles manufactured from raw material). About two-thirds of fraud dollar losses result from purchases made before the issuer realizes the card is being fraudulently used.

Well aware that the ultimate solution rests with them, the banks are now organizing to combat theft and counterfeiting. They have launched a nationwide program to alert card users to the problem. They are developing new (hologram—three-dimensional photograph) cards virtually impossible to reproduce. And they are developing equipment for merchants (department stores, service stations, restaurants, clothing and drug stores being most vulnerable) to quickly and accurately verify all credit card sales.

What can the merchants do? "Right now, the merchant has an antiquated little machine that he runs across the card," Mr. Watson says. "Then he makes a telephone call for verification if the amount of purchase is over the limit. Very soon, however, we'll have point-of-sales terminals with data-capture capability." This computer-based system will send all needed information to the clerk at the point of sale, he explains. In 15 seconds the clerk will know whether the card is stolen, whether it's over its limit and whether the sale can be verified.

As of now, however, the problem remains large, and the banks and merchants need help—specifically the cooperation of credit-card holders. Although Watson is quick to agree that the burden lies with the bankers, "it's in everybody's interest," he says, "to cut credit-card fraud as much as possible." Toward that end, the ABA has compiled the following list of dos and don'ts:

dos

- Do exercise care in keeping your bank card. Remember it's a negotiable instrument: In other words, it's worth money.
- Do report a lost or stolen card to the issuing bank immediately. The longer you delay, the more time the thief has to run up charges.
- Do make a list of your credit cards, their numbers, and the banks that issued them. Keep the list where it will be safe but easily available to you.
- Do open your credit-card bills immediately—even if you intend to pay the bill later. Review the charges to see that they were for purchases *you* made. If you find unauthorized charges on your monthly statement, promptly call your bank.
- Do watch carefully (where possible) as clerks fill in credit-card slips. Attentiveness may prevent a dishonest clerk from making two slips at the same time and submitting a second, phony charge later.
- Do carry your cards separately from your wallet: It's a useful precaution.
- Do retain card receipts that carry your account number and keep them in a safe place.

don'ts

- Don't carry credit cards you use infrequently. Keep them in a safe place.
- Don't give credit card numbers to "telephone survey" people claiming to work for credit-card companies or to any unknown caller.
- Don't treat your credit cards casually. They are worth money, so make sure they are returned promptly by clerks.
- Don't be fooled by "good Samaritan" callers who say they have found your cards and promise to mail them to you right away. This just gives thieves time to run up charges. *Call your bank immediately.*
- Don't *ever* lend your card to anyone.

Remember: It may look like plastic, but it's really money.

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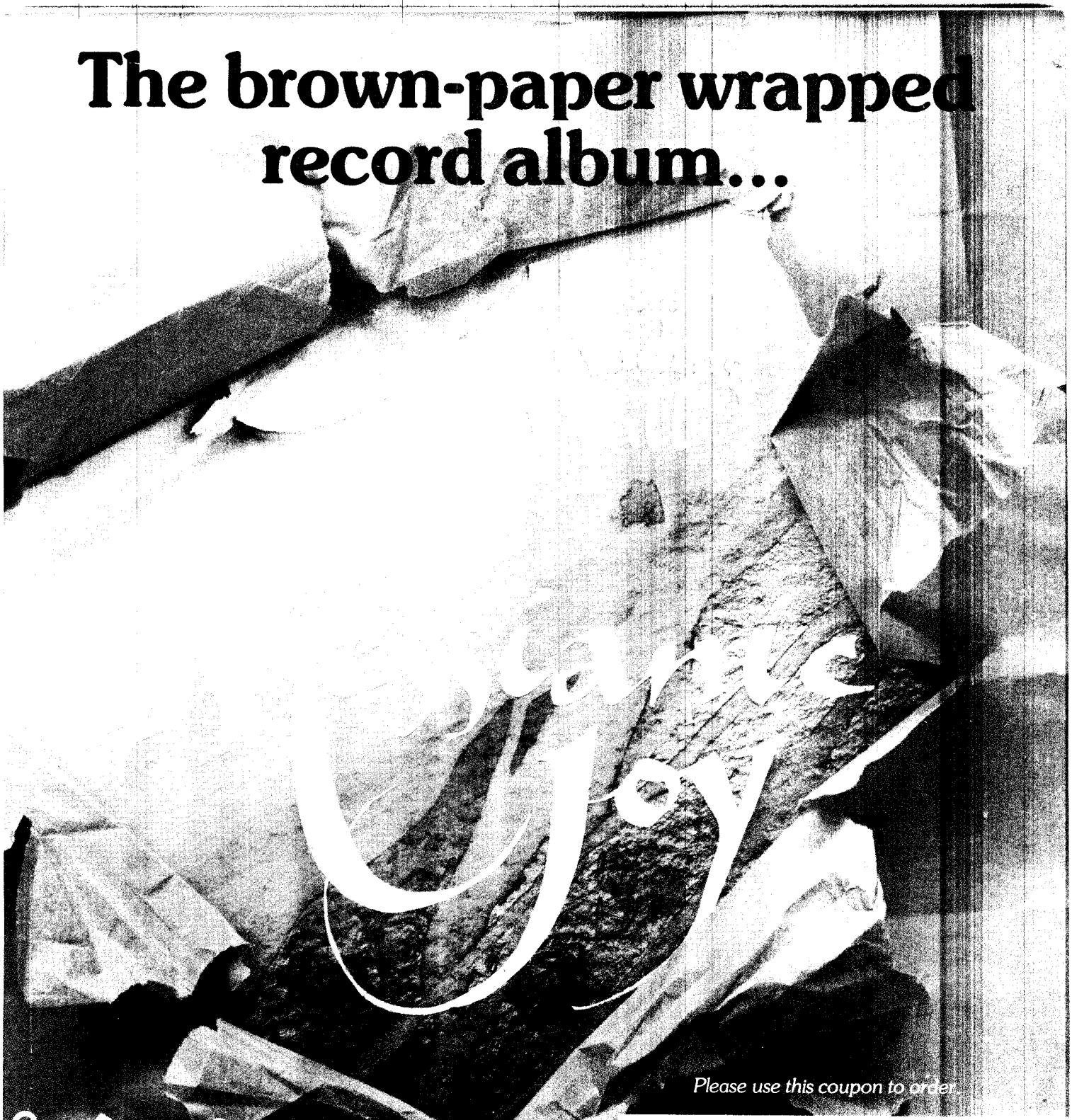
The brown-paper wrapped record album...



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